



March 19th, 2025



# Welcome to NAMI-UW

*\*Please check in with us at the front to earn  
your attendance point!*

✦ In Collaboration with Mental Health Services!





# Agenda

1. Warm Up Activity
2. Announcements & Events
3. Campus Climate Presentation
4. Identity X Mental Health Panel
5. Wrap-up



# Warm Up Activity

## Directions:

1. Fold your paper into 4 sections
2. Draw your response to the prompts listed (1 min per prompt)
3. Present to those nearby



<b>Something you're looking forward to during spring break</b>	<b>Something you are proud of from the last week</b>
<b>Something new you have tried this semester</b>	<b>Somewhere you go when you need to destress</b>





# Upcoming Events!



# Socials Events

In the works of  
planning April!

In the meantime,  
please fill out [this](#)  
Event Feedback Form  
to help Exec plan  
future events



# Volunteering

Thank you to those who were able to make it to

## **Scoops of Kindness!**

The blankets we made will be donated to the Ronald McDonald House!

Thank you to those who were able to volunteer with the **Green Bandana Project** to distribute some green bandanas today!



# Ongoing Volunteering

## UHS Suicide Prevention Training 2025

**When:** Ongoing

**Where:** Accessible via our [website](#)!

**What:** At your own time complete the updated 2025 canvas suicide prevention training!

**Point:** 1 volunteering point

Email [nami.wisco@gmail.com](mailto:nami.wisco@gmail.com) with a picture of your completed screen to earn a point!

**\*It has been updated for 2025, so if you have previously completed the training, you are eligible to complete the 2025 updated version for a volunteering point!**

## Conversations to Remember

**When:** Ongoing

**Where:** Sign up to volunteer via this [link](#)!

**What:** Volunteer with Conversations to Remember to virtually connect with senior citizens and, alongside 2-3 fellow student volunteers, provide companionship that helps combat loneliness and creates meaningful moments!

**Point:** 1 volunteering point (can earn multiple - weekly commitment)

Email [nami.wisco@gmail.com](mailto:nami.wisco@gmail.com) with a picture of your registration to earn your point!



# Upcoming Volunteering

## Ronald McDonald House Charities – Afternoon Treat Making

**When:** 4/5/25 @12-2pm

**Where:** Ronald McDonald House Charities (2716 Marshall Ct, Madison, WI 53705)

**What:** Up to 8 members will be going to Ronald McDonald House to make chex mix and a baked good to provide an afternoon snack to families staying there! NAMI-UW will be providing all necessary materials, but we need your help to make the snacks & treats!

**Point:** 1 volunteering point

Sign up with this [link!](#)





# Upcoming Volunteering

## AFSP – Out of the Darkness Campus Walks

**When:** 4/12/25

- Check In: 9:30 AM
- Event Start Time: 11:00 AM

**Where:** Sellery Basketball Courts, Madison, WI

**What:** The Out of the Darkness Campus Walks are the American Foundation for Suicide Prevention's (AFSP) signature student fundraising series, designed to engage youth and young adults in the fight to prevent suicide, a leading cause of death.

**Point:** 1 volunteering point



**American  
Foundation  
for Suicide  
Prevention**



More information with this [link](#)!  
Register to walk with this [link](#)!  
Want to volunteer? Email Hailey Shevitz (she/her) for more details.

- [afspuwmadison@gmail.com](mailto:afspuwmadison@gmail.com)



# Upcoming Fundraisers

## Cup Night

### at the Nitty Gritty

**When:** TOMORROW!!! Thursday the 20th, 9pm-1am

**Where:** 223 N Frances St

**What:** Buying and selling cups eligible for reduced-price refills at the bar

**Point:** Various fundraising opportunities

If selling, make sure to check in at the table to claim your point(s). If buying, also check in, and Venmo @nami-uw the \$5 cup cost

Even if you aren't 21+, you can tell your friends about the event or post on social media to earn points!

## Spring Social Media Fundraiser

**When:** 3/16-3/30 (runs through Spring Break!)

**Where:** YOUR social media stories!

**What:** Post the [flower template](#) with your personal Venmo details on any social media story to raise proceeds for NAMI! After the fundraiser is over, Venmo @nami-uw your fundraising total to claim your points!

**Point:** 1-3 fundraising points, based on total raised



# Active Membership Requirements

**7 points Per Semester!**

Membership Fee (\$15/semester of \$25/year)

**GMM Requirement:** Attend 3 of our 5 other meetings this semester (held \*bi-weekly on Wednesday nights from 7-8pm)

**Social, Volunteer, Fundraising:** Participate in at least one event per semester!

**Extra Point:** Choose any of the above!

**Future Meeting Dates:**

**April 9 & April 23** ✨

1. GENERAL MEMBER MEETING
2. GENERAL MEMBER MEETING
3. GENERAL MEMBER MEETING
4. SOCIAL EVENT
5. VOLUNTEER
6. FUNDRAISE
7. +1 EXTRA POINT (ANY)



# Active Membership Fee



ALL are welcome to attend our meetings and events, regardless of active membership status



**Semester: \$15**



**Yearly: \$25**

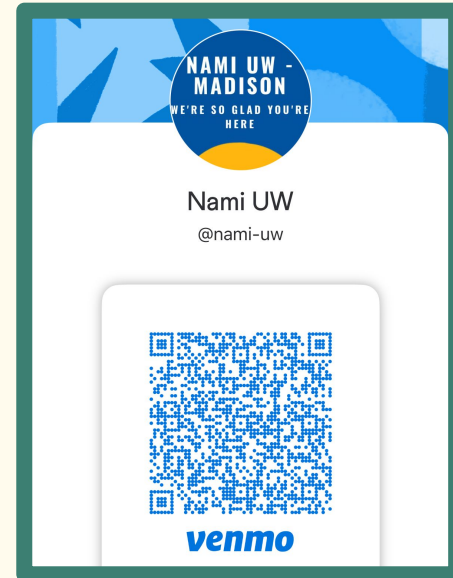


**Payment methods:**

**Venmo:** @nami-uw

**Card/Cash**

\*if you have concerns about the active membership fee, please email us at [nami.wisco@gmail.com](mailto:nami.wisco@gmail.com)



# Office Hours

Our office hours are available to you throughout the semester! Feel free to stop by our office at any of our scheduled times to chat with our executive team, ask questions about our org, study, grab a snacks/a bandana, and more!





# 2025-26 Executive Team Applications!

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Opening **THIS FRIDAY, 3/21!**

The application will go live Friday afternoon/evening, and **will remain open until 11:59pm on April 1st.**

The application link will be **available on the homepage of our website** ([www.namiuw.org](http://www.namiuw.org)), in our instagram bio, and will be communicated via email.

**ALL** are encouraged to apply! Active Member status WILL be considered.

**We are accepting applications for....**

President  
Vice President  
Secretary  
Fundraising Coordinator  
Treasurer  
Events Coordinator  
Bandana Project Director  
DEI Chair  
Volunteer Coordinator  
Workshop Coordinator



# Meet the Panel!

## **Rhiannon Kunesh, MSW, APSW**

- Mental Health Provider
- Let's Talk Focus: Experiences of Indigenous Students



she/her



she/her

## **Geetanjali Deole, MS, LPC**

- Students of Color focus Mental Health Provider, multilingual
- Let's Talk Focus: Experiences of International Students
- Health Ambassador Liaison



he/him

## **Bjorn Hanson, MS, PhD**

- Athletics embedded Mental Health Provider
- Coordinator of Data, Quality, and Informatics



they/them

## **Alex Little, MSW, LCSW**

- Survivor Services Specialist
- Trans & gender Diverse Mental Health Provider

# ◆◆◆ Campus Climate ◆◆◆





# The MHS Story: 2023-2024 Department Overview

NAMI-UW Identity X Mental Health Panel

Presented by:

Bjorn Hanson, PhD



# Summary of Sessions (2023-2024)



Department	Sessions Completed	Clients
Behavioral Health	925	467
Care Management	1522	1107
Counseling	15051	2985
Crisis Stabilization	749	115
Embedded Services	3009	525
Psychiatry	3787	798
Survivor Services Advocacy	231	122
Survivor Services Counseling	2054	220
Triage	4771	4458
Wellness	159	76
<b>GRAND TOTAL:</b>	<b>32258</b>	<b>6479</b>

# Summary of Specialty Services (2023-24)



Service	Completed Sessions
Assessment <sup>1</sup>	334
Couples Counseling	457
Group Counseling <sup>2</sup>	1574
Let's Talk	566
On Call	736
Other Languages <sup>3</sup>	661

1 Assessment refers to General Assessments, Eating Disorder Assessments, and Substance Use Assessments

2 Groups included 47 groups across all 3 semesters

3 Other Languages include Mandarin, Hindi, Urdu, Marathi, and Spanish



# Focus Provider Sessions (2023-24)

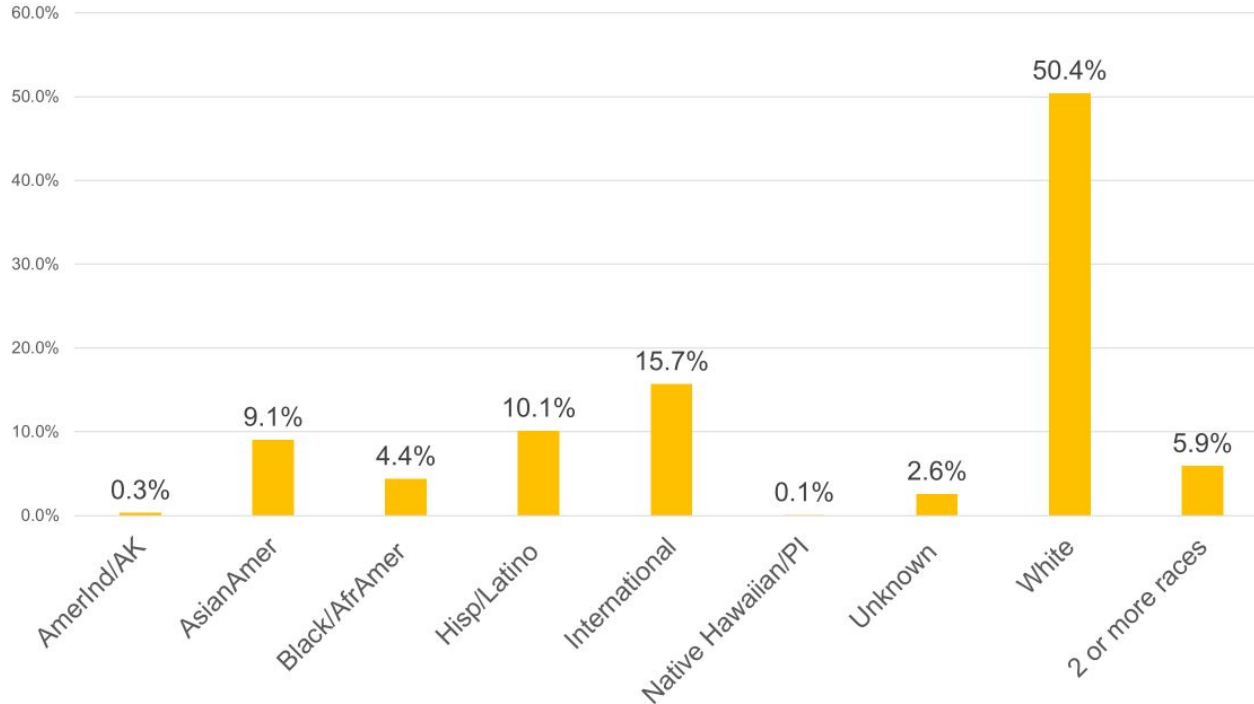
Individual Counseling Service	Sessions
African Descent	173
Hindi	31
LGBTQ+	1032
Mandarin	383
Student of Color	1656
Spanish	113
TGD	55



# Who comes to MHS?



## Ethnicity and International Status 2023-24 AY



# Sexual Orientation and Gender Identity



<b>Male</b>	<b>31.8%</b>
<b>Female</b>	<b>61.5%</b>
<b>Genderqueer, Transgender, Alternative Preferred Designation</b>	<b>6.7%</b>
<b>Heterosexual/Straight</b>	<b>66.7%</b>
<b>Other Gender Designation</b>	<b>34.3%</b>

# ◆◆◆ Campus Climate ◆◆◆





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# Thank you for coming!

Feel free to stop up at the front if you have any questions, and let us know if you haven't checked in for your attendance point!

