

**GENERAL ASSEMBLY OF NORTH CAROLINA
SESSION 2019**

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HOUSE BILL 601

Short Title: Funds for NAMI North Carolina, Inc. (Public)

Sponsors: Representatives Insko, Hurley, and Fisher (Primary Sponsors).
For a complete list of sponsors, refer to the North Carolina General Assembly web site.

Referred to: Appropriations, Health and Human Services, if favorable, Rules, Calendar, and Operations of the House

April 8, 2019

A BILL TO BE ENTITLED
AN ACT APPROPRIATING FUNDS TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, DIVISION OF MENTAL HEALTH, DEVELOPMENTAL DISABILITIES, AND SUBSTANCE ABUSE SERVICES, TO EXPAND MENTAL HEALTH EDUCATION AND AWARENESS IN THIS STATE THROUGH YOUTH MENTAL HEALTH PROGRAMS PROVIDED BY NAMI NORTH CAROLINA, INC.

The General Assembly of North Carolina enacts:

SECTION 1.(a) There is appropriated from the General Fund to the Department of Health and Human Services, Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, the sum of two hundred thousand dollars (\$200,000) for the 2019-2020 fiscal year, to be allocated as a grant-in-aid to NAMI North Carolina, Inc., a nonprofit corporation, for the expansion of mental health education and awareness programs in the State that are designed to provide training, education, resources, and supports for youth and their families. NAMI North Carolina, Inc., shall use these funds to do all of the following:

- (1) Provide youth mental health education programs that, at a minimum, provide education on all of the following:
 - a. Mental illness, including the types of mental illness, the signs of mental illness, coping techniques for persons with mental illness, and available mental health services and resources.
 - b. Myths and attitudes about persons living with mental illness.
 - c. Warning signs of persons at risk for suicide and steps for referring youth to support services at school and in the community.
 - d. Education on stigma and its harmful effects, including preventing individuals with mental illness from seeking help and treatment.
 - e. Ways to reduce stigma and create a supportive environment for youth with mental illness.
- (2) Work to support efforts to improve early detection through mental health screening in schools at all levels.
- (3) Develop, in collaboration with youth with mental illness, a media campaign targeting youth that increases public awareness about mental health and the resources available in the State to address mental illness based on evidence-based practices. As part of its media campaign, NAMI North Carolina, Inc., shall sponsor child mental health awareness events in school districts covering all regions of North Carolina.



- 1 (4) Establish school-based youth mental health awareness clubs in middle and
2 high schools in North Carolina based on NAMI North Carolina, Inc.'s
3 evidence-based "Ending the Silence" program, which (i) engages and educates
4 young people about identifying the signs of mental health conditions, (ii)
5 educates young people about the resources available in the State to help
6 address mental health conditions experienced by youth, and (iii) teaches youth
7 with mental illness how to move beyond the stigma associated with mental
8 illness and share their journey of recovery as a way to help educate and inspire
9 other young people to "end the silence" on mental illness and grow the
10 movement to end the stigma.
- 11 (5) Research other evidence-based and emerging curriculum and programs that
12 provide support and education to middle school and high school students that
13 may be beneficial to students in North Carolina.

14 **SECTION 1.(b)** By March 1, 2021, NAMI North Carolina, Inc., shall evaluate and
15 report on its use of the funds allocated pursuant to subsection (a) of this section. The report shall,
16 at a minimum, include all of the following:

- 17 (1) A description and the location of any programs or clubs implemented by
18 NAMI North Carolina, Inc., pursuant to subsection (a) of this section.
- 19 (2) An evaluation of any progress by NAMI North Carolina, Inc., in expanding
20 mental health education and awareness in the State.
- 21 (3) Any recommendations for ways to better support youth with mental illness.

22 **SECTION 2.** This act becomes effective July 1, 2019.