NAMI Smarts for Advocacy

Budgets: Funding Our Future
Agenda

Learn why telling your story about funding for services is important

Hear tips for telling your story effectively

Listen to an example

Discover what makes a story “work”

Write your own story

Practice sharing your story
Ground Rules

TO GET THE MOST OUT OF OUR TIME TOGETHER, PLEASE:

TURN OFF ELECTRONIC DEVICES

PARTICIPATE FULLY

KEEP QUESTIONS BRIEF
Why Advocate for Budgets?

Mental Health Budgets = Mental Health Services & Supports
Warm-up Activity

• What mental health services helped you?

• What mental health services were missing when you needed them the most?

• Have you ever been told you were ineligible for a service you needed?
Budgets should fund mental health services and supports that get people the help they need.
Mental Health Services & Supports

- Inpatient Care
- Social Support
- Crisis Care
- Outpatient Care
While NAMI advocates for mental health funding, there are always competing interests for the same pot of money.
And it gets more complicated...
Changes in the economy can disrupt revenue and impact budgets
When the economy gets worse:
More people lose their jobs & health insurance
More people use public services
Budgets are stretched thin
Mental health services are often the first to be cut...

And don’t deserve to be.
Mental health services are funded at different levels of government
At the **federal level**, mental health services are supported by departments such as...

- Health & Human Services (HHS)
- Justice (DOJ)
- Housing & Urban Development (HUD)
At the **local level**, some services are funded by mental health agencies within the county, city, or town government.

Funding can also come from **foundations or grants**.
At the state level, most mental health services are funded by the state Medicaid agency and the state mental health agency.
Budgets are passed **every year.**
Budget guidelines & agency budget requests

Governor develops budget & presents to Legislature

Legislature reviews & chambers draft different budget bills

Legislature resolves differences and passes budget

Governor signs budget into law (or vetoes to send back for changes)
Specific committees oversee the budget process
By engaging in the budget process, *your story* puts a face to mental health care funding.
NAMI’s budget priorities include crisis services, supportive housing programs and early intervention
We’ll use First Episode Psychosis (FEP) programs as an example
The roughly 100,000 youth and young adults who experience a first episode of psychosis every year deserve to realize the promise of hope and recovery.
FEP programs use a team-based approach which helps young people reach their recovery goals.
Coordinated Specialty Care (CSC)

Person w/ Early Psychosis

- Case Management
- Family Support & Education
- Psychotherapy
- Medication Management
- Supported Education & Employment
- Peer Support
State funding is vital to fully fund FEP Programs and make them available to everyone who needs them.
“With the help of my FEP clinic team, community, family and friends, I have gotten back on track. With all of this support, I am refocused on achieving my professional goals.”

- Andrew
Why tell your story?

Because your story is proof that mental health services can provide a path to recovery.
Your story can change how elected officials fund mental health services
But, some stories are more effective than others
Tips for telling your story...

TIP #1

KEEP IT BRIEF—STICK TO THE HIGHLIGHTS
Tips for telling your story...

TIP #2
MOTIVATE WITH HOPE AND RECOVERY
Tips for telling your story...

Tip #3
Make an “ask” to improve funding for mental health services and supports
With our tips in mind, let’s get started...

Listen to the sample story and notice your reactions
Let’s look at what makes the sample story work...

Compare the sample story with your seven steps checklist
Write your own story using your story practice sheet

Use your seven steps checklist and sample stories for help
Practice sharing your story with a partner

Give and receive constructive feedback
What was effective?

What did you learn?
“Storytelling is the most powerful way to put ideas into the world.”

- Robert McKee
Work with your NAMI State Organization to identify opportunities to share your story with:

- Agency Staff
- Appropriate Committee Staff
- Budget Hearings
- Media

Who can you share your story with to influence the process?
Sign up for advocacy alerts from NAMI!

www.nami.org/advocacy
What made an impact on you today?
Thank you for your participation!
Budgets: Funding Our Future
was developed by
Brandon Graham

Based on the NAMI Smarts for Advocacy modules developed by
Angela Kimball
Valerie Hunter

*NAMI Smarts for Advocacy* is copyrighted by the National Alliance on Mental Illness. No part of these materials may be reproduced, distributed or transmitted in any form except by permission from an authorized representative of the national organization.