

Program

The program contents are designed in partnership with NAMI (National Alliance on Mental Illness) and the social workers within the Blaine County School District at the middle and high school. It includes conversations encouraging personal empowerment, outings, activities, group discussions, and exercises aimed at promoting healthy coping mechanisms, emotional maturity, and empathy.

Confidentiality for Support Group

All members of the Bluebirds Teen Mental Health Support Group are expected to act and speak in a respectful, empathetic manner towards others both during and after the group sessions. The support group will meet on a rotating basis, so students don't miss the same class each week. All matters discussed during group are to remain entirely confidential. All matters discussed in group will remain confidential unless required to be reported to police or guardians in the following circumstances: A student talks of plans to hurt themselves, are planning to hurt someone else, they are being abused/neglected, or someone else is being abused/neglected. In these cases, the appropriate measures will be taken to protect students' safety.

Club Meetings

Club meetings will take place at the same time each week either before or after school or during lunchtime. Students can expect the same level of respect, compassion, discretion and confidentiality from all staff involved. Cellphones are not encouraged during club meetings in an effort to eliminate distractions, to maximize the students time and respect healthy boundaries. The group meets at the beginning of the semester to determine the schedule and to have a shared understanding of the mission, goals and agreed upon volunteer opportunities. Volunteers will be compensated with perks such as ski passes and meals.

For more information, please contact NAMI-WRV in the Community Campus, at

info@nami-wrv.com, 208-481-0686, or nami-wrv.com/bluebirds.