

**Systems of Hope
And
NAMI Texas
Contract Proposal**

Great Minds Think Alike (GMTA) is a curriculum including ten (10) chapters, each of which is targeted to a key area of an adolescent's recovery.

- Understanding Your Illness
- Understanding Your Symptoms
- Managing Your Symptoms
- Symptoms and Side Effects
- Communication
- Understanding Treatment
- Managing Crisis and Emergency Situations
- Living a Healthy Lifestyle
- Managing Relapse
- Recovery

Benefits

Systems of Hope has a great opportunity to partner with NAMI Texas to pilot a project to provide training for trainers for our youth and parents/guardians. This collaboration will:

- Educate our youth and parents/guardians on recovery and good mental health.
- Provide positive family experiences by partnering youth and parents/guardians as co-teachers for the GMTA curriculum.
- Provide opportunities for our youth and parents/guardians to become leaders and provide education to other families and the community.
- Includes compensating youth and parents/guardians for their time and commitment to helping other families.
- Provide an avenue for social marketing for Systems of Care and Systems of Hope.
- Increase the ability for NAMI Texas to offer the GMTA curriculum to more youth across Texas and other states by providing Spanish translation of the curriculum.
- Increases the opportunity for "Youth Voice" and partnership.
- Increase the knowledge and skills of youth who are living with a mental illness which will help youth be successful at home, school and their community.
- Provide NAMI with an avenue to increase the number of instructors for GMTA.

Implementing the Project:

1. NAMI Texas will provide the three (3) day instructor training.
2. Systems of Hope will recruit 5 youth and 5 parents/guardians to become instructors to create 5 teams. (Youth from the Systems of Hope Youth Advisory Council members and their parent/guardian will be recruited)

3. Systems of Hope will recruit NAMI Visions for Tomorrow Instructors and/or Systems of Hope staff to co-teach with youth in the event the parent/guardian is not available.
4. Current NAMI Visions for Tomorrow Teachers will be able to attend the training based on available space.
5. Systems of Hope staff (Family Coordinator, Youth Coordinator and CLC Training Coordinator) will work together to create a schedule and set up locations for teams to provide the GMTA curriculum.
6. Training Teams will teach the curriculum two (2) times for Systems of Hope by coordinating with the Systems of Hope staff.

Project Responsibilities

NAMI Texas will provide:

1. Three (3) day Instructor training for Great Minds Think Alike (GMTA) free of charge.
2. Great Minds Think Alike (GMTA) Curriculum for Systems of Hope class participants.
3. Current NAMI Texas Newsletters for class participants.
4. Pre-Needs Assessments and Post-Need Assessments for Systems of Hope Class participants to complete.
5. Summary of Pre and Post Needs Assessments for Systems of Hope Director.
6. Evaluations for Systems of Hope class participants to complete.
7. Summary of evaluations for Systems of Hope Director.
8. Advertising on NAMI Texas website of classes sponsored by Systems of Hope.
9. Curriculum license fee waived for Systems of Hope Youth Council members becoming instructors for two (2) years. (Annual license usually costs \$2,500.00)
10. Fee will be waived for SOH Youth Coordinator, SOH Cultural and Linguistic Competency Training Coordinator and SOH Family Coordinator to train the GMTA program for two (2) years, to other after teaching two classes.

Systems of Hope will provide:

1. Registration information to Current Visions for Tomorrow instructors involved in Systems of Hope, Systems of Hope Youth Advisory Council members and their parent/legal guardian.
2. GMTA manuals to trainers for each class they teach. (manuals are \$25.00 each)
3. Schedule for delivery of curriculum and coordinate a facility to hold classes.
4. Information on NAMI to all Systems of Hope families.
5. Advertise the Great Minds Think Alike classes to the Systems of Hope families and the community at large and facilitate registration.
6. Follow all NAMI guidelines delivering Great Minds Think Alike curriculum.
7. Translation of Great Minds Think Alike (GMTA) curriculum for Systems of Hope trainers and NAMI Texas. (Not to exceed \$10,000).
8. Reimburse travel expenses for Deborah Rose, Instructor:
\$350.00 per day x 4 days = Total \$1200.00

9. \$100.00 stipend for each Systems of Hope youth and each adult attending the training for trainers.
10. \$300.00 training stipend for each youth and adult for delivering the GMTA curriculum scheduled by Systems of Hope.
11. \$20.00 for drinks and snacks for each GMTA class sponsored by Systems of Hope.

Training Teams:

1. Will teach the GMTA curriculum two (2) scheduled times for Systems of Hope within the first year of becoming an instructor.
2. Understand that in order to teach the GMTA curriculum, there will have to be a minimum of 8 youth and maximum of 12 youth for each scheduled class.
3. Follow all NAMI procedures for delivering the materials and submit required paperwork to NAMI Texas within one (1) week of completion of the curriculum.
4. Will provide an invoice to Systems of Hope along with required documentation in order to receive the \$300.00 training stipend.