



#OK2TALK Teen Mental Health Support Group Frequently Asked Questions

1. What is an #OK2Talk teen support group?

#OK2Talk is an ongoing free support group for teens experiencing mental health challenges. The goal of the #OK2Talk Teen Support Group is to provide a safe structured environment in which teens can experience support, develop better coping skills and connect with other teens living with mental health conditions.

2. Who the school providing this support group?

The #OK2Talk support group is a program developed by the local affiliate of the National Alliance on Mental Illness, NAMI Austin, with funding from the St. David's Foundation. NAMI Austin will work in collaboration with the African American Youth Harvest Foundation which will promote the group and make referrals to students who may benefit from a support group.

3. Is #OK2Talk a therapeutic group?

#OK2Talk is a support group and is ***not*** a therapy group. This group is not intended to replace professional mental health services but can serve as a supplement to therapeutic treatment.

4. Who facilitates this group?

The group will be facilitated two mental health professionals (one licensed and one under supervision) provided by NAMI Austin through a partnership with Austin Family Institute.

5. If it's not a therapy group, why are there licensed professionals in the group?

The role of the licensed professionals in facilitating the group is to guide the support group structure, to provide opportunities for skill building as well as to ensure the safety and well-being of the teens in the group.

6. Who is eligible to attend?

Any middle school student, ages 12-14, experiencing mental health challenges.

5. Is there a cost?

There is no cost to attend.

6. How can my teen participate?

Teens interested in attending the support group should download, print and complete the registration form and return it to the #OK2Talk Project Director, Jessica Miller at jessica.miller@namiaustin.org. She can also be reached at 512-420-9810 ext. 1003

7. When and where will the groups be held?

The group will be held weekly on Saturdays from 12:00-1:30 p.m. at the African American Youth Harvest Foundation located at 6633 U.S. 290 Frontage Rd., Suite 307.

8. What is the group size?

The group will be limited to 12.

9. Do teens have to attend weekly?

Teens attending group on a weekly basis will get the most benefit from the experience. Because it is a support group, participation is voluntary.

10. What rights does my child have to her/his confidentiality in this group?

The groups will be facilitated by licensed marriage and family therapist associates and licensed professional interns. This means that they uphold the highest level of confidentiality with the students who participate. They will not discuss the students' information with school officials or parents unless there is a need to disclose for the child's well being. According to the Texas Family Code Chapter 2614 and the Texas Administrative Code Chapter 801, therapists are required to disclose any abuse or neglect of children or elders. They will disclose any suspicion of self-harm or suicidal ideation and any imminent threat to others. In addition, according to the Health Insurance Portability and Accountability Act, parents have the legal right to access any documents or records the associates and interns keep about their child. Because this is a support group and not a therapeutic group, those records will be minimal and usually not specific to group members, but rather, will describe the group process.

11. Who do I contact if I want more information?

For additional information about this and other no-cost programming offered by NAMI Austin, additional resources or questions regarding this support group, contact NAMI Austin Program Director, Jessica Miller at 512-420-9810 ext. 1003 or jessica.miller@namiaustin.org



NAMI Austin, a 501(c)3 nonprofit organization, is an affiliate of the National Alliance on Mental Illness (NAMI) and NAMI Texas. The mission of NAMI Austin is to improve the lives of all persons affected by serious mental illness by providing support, education, and advocacy throughout the Metropolitan area of Austin, Texas to individuals and families affected by mental illness.

We offer a variety of classes and support groups including the following:

- **NAMI Basics:** a free, 6-week education program for parents and family caregivers of children and teens who are experiencing signs of behavioral or mental health concerns or who have a diagnosis.
- **NAMI Family Support Group:** a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.