



Bringing Mental Illness to Life as “Real Monsters”

Toby Allen has lived with anxiety for much of his life. Three years ago, the now 22-year-old U.K. artist made his first attempt to take those feelings and experiences and represent them visually in a story called Toby and the Monsters. Based on the positive response he received from friends and the therapeutic benefits he experienced himself, Allen continued to

revise those drawings and add other mental illnesses in the hopes that others might find some benefit as well. In his watercolor collection, Real Monsters, Allen gives a face to serious mental illness including schizophrenia, borderline personality disorder and depression.

NAMI connected with Allen by email to gain some insight



into where the monsters came from, what they're here to do and where they're headed next.

[Click to read more.](#)

The WE WILL Generation Movement

The WE WILL Generation is an exciting new initiative that uses a students-teaching-students model to build leadership and encourage a change in culture to address



bullying. Bullying is an issue that directly impacts children and youth every day. Today's generation of students is ready to take action and uniquely positioned to prevent and stop bullying. What they need is education, support, and inspiration – and a creative program that will give them the practical skills to be part of the solution.

Why is a Student-to-student Movement Important?

This generation is ready to take action as they recognize that bullying is an issue in which they can be the solution.

- Join the We Will Generation
- Take the pledge to be part of the solution
- #WEWILL GEN

In the News

- Video Game Training Improves Brain Function in Older Adults
- Gambling Addiction Breakthrough: Drug Blocks Reward-Seeking Impulse In Rats
- New York City Officials Approve Raising Tobacco Purchase Age to 21

Awareness Campaigns

- National Diabetes Month
- National Epilepsy Month
- National Peanut Butter Lover's Month

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Professional Trainings

Advanced Clinical Supervision - Reno
11/7

Consent & Confidentiality - Minors, Sex & the Law - LV
11/8



Beyond the 5 A's: Improving Cessation Interventions Through Strengthened Training
11/13-11/15

Opening the Door to Peer Support Services
11/14

Ethics - LV
11/15

2013 National Alliance for Drug Endangered Children Conference
11/18-11/20

Students Advocating Life without Substance Abuse (SALSA) 2nd Annual International Summit
12/6-12/8

Online Opportunities and Webinars

12 Steps: The Sequel
11/13

Healthy People 2020 Spotlight on Health Webinar: Diabetes
11/13

SBIRT in Action - Another Vital Sign
11/13

The Ins & Outs of Medication-Assisted Treatment & Recovery for Opioid Dependence
11/14



Now that You're a Supervisor, Now What? Designing a Supervision System
11/19

Who's Leading the Leading Health Indicators? Webinar on Tobacco
11/21

Integrated Care Means an Integrated Electronic Health Record
11/21

Brief Intervention (BI) for Marijuana
12/4

Enhanced Social Environment -Therapeutic Considerations (sexting)
12/6

SBIRT in Action - Accelerator for Healthcare Integration
12/11

Introduction to the Right Use of Power: The Heart of Ethics for the Helping Professional
12/12

Challenges in Identifying and Addressing Co-occurring Substance Use and Personality Disorders
12/13

Funding Opportunities

- CADCA's Dose of Prevention Award
- Lilly Reintegration Scholarship
- The Safeway Foundation grant for: Health and Human Services, Hunger Relief, Education, and Helping People with Disabilities.

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