



National Alliance on Mental Illness

Massachusetts

In Our Own Voice

Volunteer Presenter Description

Volunteer Job Title: Speaker for the *In Our Own Voice* (IOOV) Presentation Program.

Description of IOOV: *In Our Own Voice* (IOOV) is a powerful presentation that aims to change attitudes, assumptions, and stereotypes about people living with mental health conditions. Two trained presenters with lived experience of mental health conditions talk openly about their experiences and how they have found pathways to hope and healing. Audience members have the opportunity to ask questions, learn more about mental health, and challenge misconceptions.

Mission: The mission of NAMI Massachusetts is to improve the quality of life for people diagnosed with mental health conditions and their families. We seek to improve the public's awareness and understanding of mental health conditions and ensure that all people impacted by a mental health condition receive the support they need in a timely fashion. IOOV Speakers support this mission by providing community audiences with an accurate, inspiring portrait of life with a mental health condition. Research indicates that when individuals have direct contact with a person living with a mental health condition, it is one of the most powerful tools for reducing stigma and increasing awareness that recovery is possible.

Work Location: Presentations are held primarily in-person with some opportunities for virtual presentations. In-person presentations happen across Massachusetts at schools, universities, law enforcement trainings, family groups, workplaces, and other community events.

The NAMI Massachusetts office is located at 331 Montvale Avenue, Suite 200, Woburn, MA 01801.

Responsibilities:

- Provide regular presentations in the year following your certification training (at least once a month).
- Maintain regular communication with NAMI staff via email, including responding to scheduling emails.
- Maintain the confidentiality of audience members.
- Be an ambassador for NAMI's programs such as the Compass Helpline.
- Participate in continuing education throughout the years of your volunteer commitment (i.e. refresher workshops)

Required Qualifications:

- Identify as an individual with a mental health condition, though you do *not* need a formal diagnosis.
- Able and willing to present your personal story of living with a mental health condition in front of strangers.

- Be at a point in your recovery where you have the time and ability to commit to a one-year minimum volunteer role and bring your full attention to each presentation.
- Be at a point in your journey where you are able to speak openly and honestly about your experiences to others in a way that evokes hope in listeners.
- Must be at least 18 years of age.
- All volunteers are required to maintain an active membership with NAMI during their length of service (\$5 per year).

Desired Qualifications:

- Access to a reliable vehicle.
- Access to a device that is capable of video conferencing on apps such as Zoom for virtual presentations.
- We are seeking individuals with diverse life experiences. Persons with diverse identities are especially encouraged to apply (i.e. BIPOC, LGBTQ+, persons with disabilities, veterans, immigrants, refugees, formerly incarcerated individuals, etc.). We are also looking for individuals who have interacted with law enforcement due to their mental health condition and are comfortable sharing that experience.

Expected Time Commitment:

- Speakers are asked to commit to an initial one-year term of volunteer service. This commitment can be renewed during a speaker's annual supervision check-in.
- The training process takes a total of 10-12 hours.
- Once a speaker is fully trained, IOOV has a low monthly commitment with flexible scheduling. Speakers are asked to present their stories at least once a month. Presentations are typically 60-90 minutes long and travel time to the presentation site will vary.

Benefits:

- Speakers are given a \$30 stipend per presentation (or \$50 if speaking at law enforcement training).
- Travel for in-person presentations will be reimbursed at 67 cents per mile (or current IRS standard mileage rate). NAMI Mass will also pay fees for parking or public transportation.
- Training and program supplies are provided at no cost to the volunteer.
- Opportunities for speakers to connect with peers who share a background in mental health experiences.
- Opportunities to develop job skills such as public speaking, program facilitation, networking, and storytelling.
- Volunteers will have the opportunity to educate communities and give hope to individuals going through their recovery journey with a mental health condition.
- Volunteers will have the option to get involved with NAMI Mass' other programs.

Training Process:

The training process is broken down into 4 parts:

- 1-hour interview with NAMI staff on Zoom. Potential speakers will be asked to briefly share their mental health journey with staff as well as answer logistical questions about speaking for IOOV. Staff will help applicants understand the program and answer any questions applicants might have.
- 2-hour pre-training session on Zoom. New speakers will watch an IOOV presentation given by current volunteers and have the opportunity to ask questions and discuss. This will typically be scheduled on a weeknight.
- Self-paced, at-home writing of story script rough draft. A training guide is provided. This must be completed before the in-person training.
- Full day, in-person training where speakers will work on their scripts and practice presenting their speaker scripts. This will typically be scheduled on a weekend.

If a speaker goes for more than 6 months without presenting, they will be asked to do a brief refresher with NAMI Mass staff. If a speaker goes for more than 1 year without presenting, they will be considered inactive, removed from the speaking roster, and will need to be re-trained in order to present again.

Supervisor and Contact Information:

Courtney Campbell

Program Coordinator, Community Education & Outreach

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Executive Director

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Supervision and Support Plan:

- For at least their first presentation, new speakers are paired with an experienced presenter.
- NAMI staff will occasionally sit in on presentations to observe speakers and offer feedback.
- Speakers have an annual supervision check-in. During this meeting, speakers are given feedback and support. These check-ins are also an opportunity for speakers to bring up any issues or concerns with staff.
- Speakers are encouraged to reach out to staff for support or additional training on an ongoing basis.