

Changing Landscape Resource List

Note: This webinar was hosted by NAMI Massachusetts, and these resources (online and linked) are primarily based in Massachusetts. For other areas of the United States, find your local NAMI [here](#). Or call the NAMI national [HelpLine](#) or check out their online [Resource Center](#). And many of the [resources on the NAMI Mass website](#) are national in scope.

Webinar I Specific Resources

Speakers:

[Thomas Insel, MD](#): Website includes information about his book *Healing: Our Path from Mental Illness to Mental Health* (Penguin Random House, 2022). Also <https://www.linkedin.com/in/thomasinselmd/>

[Bevin Croft, PhD](#): Website includes description of her research on peer-led respite and other crisis alternatives at Human Services Research Institute (HSRI). Also <https://www.linkedin.com/in/bevincroft/>

From Q&A discussion:

- Peer respite programs--residential, day, and mobile-- available in Massachusetts:
 - Metro West and Eastern Mass: [The Living Room](#): **508-661-3333** 24-hour phone line and 8am-9pm walk-in center
 - Central Mass: [Kiva Centers](#) peer support and respite centers, with mobile respite statewide
 - Western Mass: [Wildflower Alliance](#) peer support and respite centers, with LGBTQ+ respite serving people statewide
- [Massachusetts Clubhouse Coalition](#) lists clubhouses available and funded by DMH in Massachusetts.
- List of private pay residential treatment programs at [ARTA.org](#).
- [Psychosis Access & Triage Hub \(M-PATH\)](#) helps people find a coordinated specialty care program in Massachusetts

From the Talkback discussion:

- [Enduring Connections](#)--program at Advocates for families and loved ones
- [Benchmark Health](#)--mentioned by Dr. Insel, who is a co-founder

Webinar II Specific Resources

Speakers:

[Mark Ragins, MD](#). Website includes information about his book *Journeys Beyond the Frontier: A Rebellious Guide to Psychosis and Other Extraordinary Experiences*.

[Danna Mauch, PhD](#). Website describes her national leadership role as President and CEO of the Massachusetts Association for Mental Health (MAMH).

From the Q&A Discussion:

- More on the history of the recovery movement, including Dr. Ragins' role: [Phyllis Vine, Fighting for Recovery: An Activists' History of Mental Health Reform](#) (Beacon Press, 2022).

From the Talkback discussion:

- Talking with loved ones using approaches similar to Dr. Ragins': See section on "Communication Strategies for Strengthening Family Relationships" below.
- Clinicians who may have values similar to Dr. Ragins: [International Society for Psychological and Social Approaches to Psychosis](#)—Search their [membership directory](#). See also NAMI Mass' list of [tools for finding providers](#).
- Description of the [Open Dialogue model](#).
- Listing of [peer support options for loved ones](#) compiled by NAMI Mass.
- Mentioned by a participant: [Cedar Clinic](#) at Brookline Center for Community Mental Health for those at risk for psychosis and their families. See [Psychosis Access & Triage Hub \(M-PATH\)](#) and [MAPNET](#) for other programs targeting at risk or first episode psychosis.

General Resources

- The [NAMI Mass Compass Helpline](#) answers questions about everything related to mental health resources, from family and peer-led supports to crisis planning to housing and more: **800-370-9085** or compass@namimass.org. You can schedule an appointment [here](#).
- Many [online resources](#) within and beyond the medical model can be found at NAMIMass.org, including and related to:
 - [therapists and other providers](#)
 - [family supports](#) including groups, warmlines, and consultation
 - [peer supports](#) including groups, warmlines, crisis centers, and consultation
 - specific communities such as the [Black community](#) and [LGBTQ+](#)

- specific experiences such as [hearing voices](#) and [thinking about suicide](#)
- basics like [housing](#) and [health insurance](#)
- [legal help](#)

Support for Family Members

- [NAMI Mass Family Education and Support Programs](#). Including NAMI’s signature Family-to-Family course and Family Support Groups. For specialized family support groups for siblings, partners, Black families, parents of teens, Mandarin speakers, and more, click on the “**statewide**” option under [Family Support Groups](#).
- [Support groups, courses, and coaching offered by other organizations](#), reflecting a range of perspectives, including alternatives based on peer experience and expertise
Support for Loved Ones
- [NAMI peer-led support groups and programs](#)
- [Support groups, coaching, respite, and more offered by other organizations](#)

Communication Strategies for Strengthening Family Relationships

- [Motivational Interviewing for Loved Ones \(MILO\)](#) Strategies for difficult conversations; also a webinar on MILO [here](#) and book summary [here](#).
- [Family Connections \(NEABPD\) Course](#). Strategies for relationships with people challenged by emotional dysregulation.
- CRAFT (Community Reinforcement and Family Training): Intersection of addiction and mental health issues. Watch [webinars on the CRAFT approach](#) and other communication strategies from McLean Hospital. Allies in Recovery support groups [here](#) and REST support groups [here](#).
- [Wildflower Alliance](#) offers [individual consultations for family members as well as loved ones](#). Also [online family support groups](#) meet twice weekly. Contact Wildflower Alliance to be added to the mailing list for details and link.

In A Crisis

For a full range of options for navigating a crisis, across the state, go to [Navigating A Mental Health Crisis](#). In a life-threatening emergency, call 911. Otherwise consider:

- [Massachusetts Behavioral Health Help Line](#) – Call or text 24-hours a day with all questions and concerns including links to mobile crisis intervention teams and walk-in centers: **833-773-2445**

- Peer-run crisis alternatives:
 - Metro West and Eastern Mass: [The Living Room](#): 508-661-3333, 24-hour phone line and 8am-9pm walk-in center
 - Central Mass: [Kiva Centers](#) peer support and respite centers, with mobile respite statewide
 - Western Mass: [Wildflower Alliance](#) peer support and respite centers, with LGBTQ+ respite serving people statewide
- [Navigating a Mental Health Crisis](#): More ideas, planning, and options