



Allies for Student Mental Health & Ending the Silence

Application for Speakers

NAMI Massachusetts offers two school-based mental health awareness and education programs.

- **Ending the Silence for Students** is a 50-minute mental health awareness program for middle and high school age youth offering a message of hope and encouraging students to reduce stigma surrounding mental health conditions. This free presentation is delivered by two trained speakers: a young adult who shares their experiences living with a mental health condition and a Lead Presenter who shares information and resources.
- **Allies for Student Mental Health** is a 2-hour professional development program that provides teachers and staff working in K-12 schools with the information and resources to support their students' mental health needs. By hearing from a panel of four perspectives: clinical, educator, parent, and young adult, participants will learn how to work as allies to identify and understand the effects of mental health conditions and trauma, which can have a significant impact on students' academic success and overall well-being.

If you are interested in applying to speak for one or both of these programs, please complete all pages of the application below. Eligible applicants will complete a phone interview and all selected applicants must participate in a training course. Both programs have a low time commitment with flexible scheduling. Speakers will receive a stipend and travel reimbursement for each presentation.

Please complete the application below and email it to Michelle Ward at mward@namimass.org or send by mail to NAMI Massachusetts, C/O Michelle Ward, The Schrafft's Center, 529 Main St, Suite 1M17, Boston, MA 02129.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Email Address: _____

Phone Number: _____

Which perspective would you be interested in sharing? (Please check all that apply)

- Educator Perspective for Allies for Student Mental Health (teacher audience):** A current or former K-12 classroom teacher who can offer ways to support student mental health within the classroom and school, including strategies, accommodations, and supports that teachers can use right away (using NAMI Mass PowerPoint presentation).
- Clinical Perspective for Allies for Student Mental Health (teacher audience):** A clinician, social worker, school counselor or school nurse who can provide information about the prevalence of mental health conditions and trauma and their impact on youth, including signs and behaviors educators might observe (using NAMI Mass PowerPoint presentation).
- Parent Perspective for Allies for Student Mental Health (teacher audience):** A parent of a young person with a mental health condition who can share their experiences supporting and advocating for their child in schools and provide tips for communicating with families.
- Lead Presenter for Ending the Silence (student audience):** A person who has personal experience living with a mental health condition or who has a friend, family member, or loved one living with a mental health condition who can share some of their experiences and provide 6th-12th grade students with information related to early warning signs of mental health conditions and suicide prevention (using NAMI PowerPoint presentation).

Note: If you are interested in speaking from the Young Adult perspective for either presentation program, please contact Michelle Ward at mward@namimass.org.

We seek to have a diverse group of speakers with different experiences in our programs. As such we ask applicants to provide the following personal information if they feel comfortable in doing so. The following information is optional.

Gender Identity (optional): _____ **Age (optional):** _____

Race (optional): _____ **Religious Affiliation (optional):** _____

Job/Profession (optional): _____

Please answer the following questions regarding your experiences and availability.

Do you have experience speaking publicly? If yes, please describe. _____

Do you feel comfortable sharing your experiences in front of groups of teachers or students?

Please describe your personal and/or professional experiences as related to the perspective(s) you are interested in sharing.

In your opinion, why is it important to talk about mental health in a school setting with teachers and students?

Why are you interested in speaking as part of Allies for Student Mental Health and/or Ending the Silence?

Is there additional information you would like to share?

Do you have access to a car or other form of transportation? _____

Do you have access to a computer that you can use for email communication and training?

Most presentations for Allies for Student Mental Health and Ending the Silence happen during the school day, usually between 7 AM – 4 PM on Monday – Friday. What is your availability for presentations during this time frame?
