

# Changing Landscape Webinar Series Resource List

February – March 2026

This list of resources grew out of the presentations, discussions and talk-back conversations from [A Changing Landscape](#), a three-part webinar series for families exploring new trends in mental health. Not intended to be comprehensive, the list reflects the ideas and questions raised by speakers and participants across all three sessions.

The webinar series was developed by independent mental health advocates for all families, including their own, who are seeking greater understanding of mental health challenges and approaches to treatment. The organizing team included [Monica Luke](#), who served as series moderator, along with [Julie Huber](#), [Rae Simpson](#), and [Phyllis Vine](#), in consultation with [Michelle Ward-Gilles](#). The series was hosted by [NAMI Massachusetts](#), with Executive Director Eliza T. Williamson serving as series host, resource guidance from Compass Helpline Program Manager Jill Gichuhi, and production assistance from Sophia Leggio and Courtney Campbell.

Descriptions of each webinar and links to the recordings are available on the [Changing Landscape web page](#). Everyone is encouraged to share the recordings and these accompanying resources.

## *Speakers' Websites*

### **February 24, 2026:**

[Bevin Croft, PhD, MPP](#): Website includes description of her leading research on peer-led respite and other crisis alternatives at the Human Services Research Institute (HSRI).

[Thomas Insel, MD](#): Website includes information about his widely read book *Healing: Our Path from Mental Illness to Mental Health* (Penguin Random House, 2022).

### **March 3, 2026**

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

[Mark Ragins, MD](#): Website includes information about his book *Journeys Beyond the Frontier: A Rebellious Guide to Psychosis and Other Extraordinary Experiences* (2021) and writings about recovery from 1990 to 2024.

### **March 10, 2026**

[Chyrell Bellamy, PhD, MSW](#): Website describes her research and national leadership based in the Department of Psychiatry, Yale University School of Medicine.

[Paolo del Vecchio, MSW](#): Website includes past positions, including as Director of the Center for Mental Health Services and founding Director of the Office of Recovery at SAMHSA, as well as current initiatives.

## *Books and Printed Material*

[Thomas Insel, MD](#), *Healing: Our Path from Mental Illness to Mental Health* (Penguin Random House, 2022).

[Mark Ragins, MD](#), *Journeys Beyond the Frontier: A Rebellious Guide to Psychosis and Other Extraordinary Experiences* (2021). Describes his groundbreaking approach to understanding and treating psychosis.

[Phyllis Vine, PhD](#), *Fighting for Recovery: An Activists' History of Mental Health Reform* (Beacon Press, 2022), on the history of the recovery movement with discussions including Mark Ragins and the Village, and peer leaders including Paolo del Vecchio

### *Resources mentioned by speakers and participants*

Below are programs and/or services specifically mentioned by a speaker or in a breakout session of one of the webinars. Webinars are identified as follows:

- (1) Webinar I, Thomas Insel with Bevin Croft
- (2) Webinar II, Mark Ragins with Danna Mausch
- (3) Webinar III, Chyrell Bellamy with Paolo Del Vecchio

### *Recovery Programs and Guides*

- Massachusetts peer-run crisis alternatives: (1,3)
  - 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
- [Recovery Learning Communities](#) (1, 3) throughout Massachusetts
- [Opening Doors to the Arts](#) (3)
- [Massachusetts Clubhouse Coalition](#) lists clubhouses available and funded by DMH in Massachusetts (1), with programs including groups, activities, and [supported employment](#) (3). National model is [Fountain House](#) in New York City (1).
- [Center for Psychiatric Rehabilitation](#), Boston University. Includes supported education (3)
- [Listing of other peer support options in Massachusetts](#), including drop-in centers and warmlines (3)
- Kiva Centers [certified peer specialist training](#) (3)
- [GIFT training](#) for young people who want to become peer mentors (3)
- [National Federation of Families](#). Resources and training for family support specialists (3)
- [Harambee USA](#). More on the Harambee concept [here](#) (3)
- [PERCH Literary Magazine](#)—encouraging many voices on mental health themes (3)
- [The Imani Breakthrough Project](#) (3)
- [Housing First information](#) (3)

- [Center for Addiction Recovery Support](#) (CARS) (3) including state-by-state list of recovery-based resources
- [SAMHSA](#) (Substance Abuse and Mental Health Services Administration) (3)
  - SAMHSA *Guide to Wellness* based on the [Eight Dimensions of Wellness](#) (pdf). Evolution of the eight dimensions [here](#) (pdf)
  - SAMHSA [Working Definition of Recovery](#) including ten guiding principles (pdf)
  - SAMHSA [Recovery Resource Center](#) database
  - SAMHSA [Parent and Caregiver Resources](#)
  - SAMHSA [National Consumer and Consumer-Supporter Technical Assistance Centers](#)
- [NAMI Massachusetts Compass Helpline](#) for questions about recovery-oriented resources and more: **800-370-9085** or [compass@namimass.org](mailto:compass@namimass.org), or schedule a call [here](#). (1-3)

### *Building Relationships with Loved Ones (1-3)*

- [Motivational Interviewing for Loved Ones \(MILO\)](#) Strategies for difficult conversations, including differences of opinion about treatment; 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, and sign up for the 2026 series [here](#). Allies in Recovery support groups [here](#) and REST support groups [here](#).
- [Wildflower Alliance](#) offers [individual consultations for family members as well as loved ones](#). [Online family support groups](#) meet twice weekly. Contact Wildflower Alliance to be added to the mailing list for details and link.

### *Other Services*

- Finding therapists: [International Society for Psychological and Social Approaches to Psychosis](#)--search their [membership directory](#). See also NAMI Massachusetts's list of [tools for finding providers](#). (2)
- [Psychosis Access & Triage Hub \(M-PATH\)](#) helps youth and families find specialized programs for first episode psychosis (1), coordinated specialty care, which includes supported education and supported employment (3). One example, [Cedar Clinic](#) at Brookline Center for Community Mental Health, was shared by a participant (2)
- [Enduring Connections](#)--program at Advocates for families and loved ones (1)
- [Benchmark Health](#)--mentioned by Dr. Insel, who is a co-founder (1)
- Private pay residential treatment programs [ARTA.org](#), including [Windhorse](#) (1)
- Description of the [Open Dialogue model](#) (2)

## NAMI Massachusetts Resources

- The [NAMI 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](mailto:compass@namimass.org). You can schedule an appointment [here](#).
- [NAMI 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](#).
- Many [resources](#) within and beyond the medical model, offered by NAMI and many other organizations, can be found at NAMIMass.org, including
  - [therapists and other providers](#)
  - [family supports](#) including groups, warmlines, consultation
  - [peer supports](#) including groups, warmlines, crisis centers, and consultation
  - specific communities such as the [Black community](#), [LGBTQ+](#)
  - specific experiences such as [hearing voices](#) and [thinking about suicide](#)
  - basics like [housing](#) and [health insurance](#)
  - [legal help](#)

## In A 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**
- Massachusetts 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
- [988](#)– national suicide and crisis line
- [Navigating a Mental Health Crisis](#): A full range of options for crises and for planning ahead

Please note that these resources 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 Massachusetts website](#) are national in scope.