



# Resource Presentations

The Compass Helpline at NAMI Massachusetts provides information, ideas, resources, and support to help people navigate the complex mental health system and related systems of care. Compass is staffed by people with first-hand experience navigating the mental health system for themselves or a family member. Learn more about Compass at [www.namimass.org/compass](http://www.namimass.org/compass).

The Compass Helpline team is also available to present on a variety of resource-related topics. Our presentations are relevant for people dealing with mental health symptoms and family members and friends, and others. Presentations can be delivered in-person or virtually. Learn more about scheduling a presentation for your group or organization: [www.namimass.org/resourcepresentations](http://www.namimass.org/resourcepresentations).

## Compass 101 Presentations

Compass 101 presentations are designed to provide an overview of the Compass Helpline. Each presentation will include:

- an overview of how the Helpline works
- who can reach out to Compass
- what the Helpline can and cannot help with
- how to contact Compass

Compass 101 presentations can also be customized to include sample inquiries, Helpline statistics, technology used by the Helpline, and other topics relevant to the audience. Each presentation will include at least 10 minutes for audience questions.

**length** 30 or 60 minutes

**venue** in-person, virtual, and hybrid

**cost** free

**lead time** a minimum of 4 weeks

# Resource Presentations

Compass Resource Presentations focus on one or more resource topics. Each presentation will be interspersed with lived experience where relevant, and include at least 10 minutes for audience questions. Topics can include:

- **mental health resources 101:** an overview of mental health related resources including clinical treatment, system navigation resources, and peer and family support (this presentation can be customized for a particular region or audience)
- **peer support options:** an overview of peer support and education resources
- **family support options:** an overview of family support and education resources
- **navigating a crisis:** what it means to be experiencing a mental health crisis and crisis related resources
- **wellness planning:** an overview of resources for wellness planning including WRAP, mad maps, psychiatric advanced directives, and more
- **decision making tools:** an overview of decision-making tools including guardianship, health care proxies, advanced directives, power of attorney, conservatorship, and supported decision making
- **health insurance:** an overview of health insurance types and how to make the most of mental health benefits, can include a focus on MassHealth
- **public benefits:** an overview of state and federal benefits programs for people with disabilities, can include information on other public and private resources that can be used to increase one's spending power
- **housing:** an overview of housing types for people with mental health diagnoses and where to search (based on the Finding Home guide), can include information on how to decide what you can afford, where you want to live, and what supports you need
- **employment:** an overview of resources to help people with mental health conditions find and keep employment, can include information about the impact of work on public benefits
- **resources for specific experiences:** an overview of resources that focus on suicide, self-harm, non-consensus experiences, trauma, sexual trauma, grief and loss, food and eating related mental health symptoms, perinatal and postpartum resources, or parenting with a mental health condition

**length** 60 minutes (can be lengthened)

**venue** in-person, virtual, and hybrid

**cost** \$200 for virtual and hybrid, \$400 for in-person

**lead time** a minimum of 6 weeks