



Virtual In Our Own Voice Presentations

NAMI Massachusetts

NAMI In Our Own Voice (IOOV) is a powerful mental health awareness presentation that is now available virtually!

In Our Own Voice presentations are delivered by two trained speakers who share their experiences living with mental health conditions. The presentation aims to increase awareness and understanding of mental health conditions, decrease stigma, and inspire hope.

Key components of virtual In Our Own Voice presentations:

- 60-, 75-, or 90-minute virtual presentation delivered on a video platform (Zoom, Skype, GoToMeeting, Webex, etc.)
- 2 trained speakers share their stories and answer questions live during the presentation
- 3 short videos are played during the presentation where 8 additional people share their stories and experiences
- 3 opportunities for audience members to ask questions during the presentation, either verbally or using the platform's chat function

Praise for virtual In our Own Voice presentations:

- "I was so thankful for the presenters' candor and honesty. I struggle with a mental health condition also, so it gives me strength to hear from others and learn more about their journeys to better health." - Student
- "Being able to hear the personal experiences of the presenters who have battled different mental health issues and being able to ask them questions was very helpful. It still felt really interactive doing this via Zoom as opposed to being in an actual classroom!" - Student
- "Seeing people who are dealing with mental health issues sharing their stories was very powerful. It gave me great hope and created empathy for their situations as well as our son's. It reinforced that my family is not alone or unique in our struggles." – Community Member
- "Thank you so much for sharing your journeys! It takes so much courage to share your experiences, but I am so glad that you are able to do so as it will help so many others. I have received numerous thanks from our employees for your presentation. You have definitely helped many of us already." – Corporate Manager

For more information or to schedule a presentation, contact Michelle Ward at mward@namimass.org and Kyrie Mohammed at kmohammed@namimass.org. If you are scheduling a presentation, please complete the 3-page booking form below.



Booking Form: Virtual In Our Own Voice Presentations

NAMI Massachusetts

Please complete the following form in its entirety to request a virtual In Our Own Voice (IOOV) presentation for your group. The following information is essential in order to complete your booking for an IOOV presentation. Presentations are free of charge and require a minimum of 3-4 weeks' notice for booking.

Please fill out the form and send it to Michelle Ward (mward@namimass.org) and Kyrie Mohammed (kmohammed@namimass.org) as soon as possible. Michelle or Kyrie will follow up to confirm the booking of your presentation.

Basic Information

Date of Presentation: _____ Day of the Week: _____

Presentation Start Time: _____ Presentation End Time: _____

Please note that IOOV presentation are 60 minutes, 75 minutes, or 90 minutes.

Venue Name: _____

Any additional information about venue: _____

Audience (estimated number and description of audience members): _____

If this is a recurring presentation, please indicate the frequency of the presentation (ex: 2nd Saturday of every month):

Technology Information

Video Platform:

The IOOV presentations can occur on any video platform including Zoom, Skype, GoToMeeting, etc. Our presenters have the most experience using Zoom, but can present on any platform that has video and audio capabilities. NAMI Massachusetts asks that venues set up and host the virtual meeting and provide attendees with necessary meeting information.

Which video platform will you use for the IOOV presentation (Zoom, Skype, etc)?

Please provide the meeting link, passcode, and any additional information to Michelle Ward (mward@namimass.org) and Kyrie Mohammed (kmohammed@namimass.org) at least 2 days prior to your scheduled presentation.

In Our Own Voice Videos:

The presentation includes three short videos, which need to be played during the presentation using the share screen function. It is best if someone at the venue can play the videos during the presentation. The IOOV speakers will indicate when to play each video.

The videos can be downloaded here:

<https://drive.google.com/open?id=1NLIerXWpgLhLL0fddQz6jocUHW3OZvh>

Please check one: Yes, we will play the videos during the presentation

No, we cannot play the videos during the presentation

If you selected no, please provide additional information and we will follow-up to determine a solution, as the videos are a critical part of the presentation.

Any additional technology information we should be aware of?

Venue Host Contact Information

Contact Name: _____

Contact Title: _____

Contact Phone Number: _____

Contact Email Address: _____

Any additional contacts (include names and email addresses): _____

Additional Information

Do you have any specific requests or is there any additional information we should know?
