NAMI In Our Own Voice (IOOV) is a unique public education program in which two individuals talk openly about living with a mental health condition. These types of presentations include personal accounts of mental illness (such as IOOV) are imperative to changing attitudes, assumptions, and stereotypes about individuals who have a mental health diagnosis. As an IOOV presenter, you will have opportunities to speak students, peer groups, health care providers, and various community organizations. IOOV presenters also receive a stipend for speaking engagements.

Minimum Requirements for Volunteer IOOV Presenter

- Must be an individual who is living with a mental health condition and identifies themselves in recovery.
- Individuals must be comfortable talking in front of various audiences and willing to share aspects of their personal experience of living with mental illness.
- Willingness to maintain fidelity of the NAMI In Our Own Voice model.
- Allow audience members to connect on a personal level via question and answer sessions
- Provide an opportunity for audience members to gain insight into the lived experience of life with mental illness
- Willing to become a member of NAMI

Desired Abilities, Skills, and Experiences

- Be at a point with your recovery to have the time and ability to commit to one year volunteer role and bring your full attention and compassion to the presentation
- Be comfortable speaking in front of a variety of audience, including those who may know you