

**The NAN Project** is an initiative which seeks to promote mental health awareness and suicide prevention programs in classrooms across Massachusetts. The core of our work is our peer-to-peer model, where our peer mentors, young adults aged 18-25 with lived experience, present their comeback stories to students with the goal of opening up the conversation around mental health issues and reducing the stigma. We also offer workshops for teachers and community stakeholders, all with the goal of creating a culture of emotional wellbeing within schools.

## PEER MENTOR PRESENTATIONS

The NAN Project's Peer Mentor Presentations consist of 2-3 young adult Comeback Stories, as well as a guided discussion. These Comeback Stories detail our Peer Mentors' struggles with mental illness, in addition to trauma, sexual orientation, gender identity or other issues facing young people. The focus of each Comeback Story is a discussion of the supports they were able to access and the coping strategies they have employed to find a path to recovery. By presenting these stories, we create a safe space for students to talk about mental health. These presentations also cover the warning signs of a peer who may be struggling, as well as how to get them to help.

## NEW OFFERING! TRANSITIONS OUT OF HIGH SCHOOL

These Peer Mentor Presentations are targeted to the transitions of senior year, and the challenges connecting to mental health services after graduating from their school environment. Our Peer Mentors will share their stories of maintaining good mental health and finding support as they entered college or the world of work.

**All of The NAN Project's programming can be adapted to fit school and community needs. All are offered free of charge.**

## FOR YOUNG PEOPLE

### PEER LEADERSHIP TEAMS

The NAN Project Peer Mentors will support and facilitate group of students who meet regularly to keep the conversation around mental health at the forefront. The students will come up with activities such as poster campaigns, development of educational materials or screening related movies in an effort to change the culture of emotional wellbeing within schools.

### QPR FOR YOUNG PEOPLE

QPR (Question, Persuade, and Refer) is a non-clinical, evidence based suicide prevention training. This SAMHSA approved 2 hour workshop identifies the risk factors and clues of someone who may be suicidal, as well as a safe intervention to help a struggling peer get to the needed supports.

## FOR STAFF, FACULTY, AND COMMUNITY STAKEHOLDERS

### PROFESSIONAL DEVELOPMENT TRAINING

The NAN Project offers a variety of engaging Professional Development Trainings for staff, faculty and community stakeholders who support young people. These trainings offer practical strategies for creating connections and conversation with students - and include a Peer Mentor Comeback Story that illustrates the concepts covered in training.

#### Topics Include:

- Question, Persuade, Refer Suicide Prevention
- Building Resilience in Schools and Families
- Recharge Your Professional Batteries: Strategies for Teacher Self Care
- How to Become a Trusted Adult
- FACTS: Identifying Signs of a Mental Health Challenge in Youth