



National
Multiple Sclerosis
Society

Connections Volunteers Drop-In Call October 15, 2020



Mollie Burns
Manager
Implementation & Engagement

Open Chat box

Camera and Audio settings
Audio options: **1)** Select 'Computer' to use computer mic, or headset with mic plugged into computer, or **2)** Select 'Phone' and dial number shown on screen with access code and audio pin

Mute/Share webcam/Leave

Mic Camera Screen Leave

Q&A: There will be time for questions after presentation

- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

Today's Time

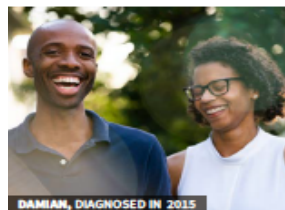
- **NEWS:** Going digital through December 31st
- We are here to support you! - New support email: peerconnections@nmss.org
- Connections Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>



**National
Multiple Sclerosis
Society**

Self Help Group Leader training update

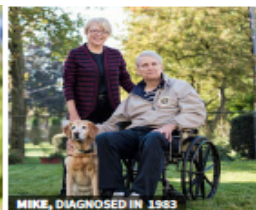
Welcome to the National MS Society



DAMIAN, DIAGNOSED IN 2015



JOHANIE, DIAGNOSED IN 2015



















MIKE, DIAGNOSED IN 1983

WELCOME TO THE NATIONAL MS SOCIETY

The National Multiple Sclerosis Society exists because there are people with MS. Our vision is a world free of MS. Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

Resources

The clickable icons below will introduce you to the Society and help you lead through inspiration, collaboration and with self confidence. We couldn't achieve our vision without you — thank you!

-   [Who We Are](#)
-   [Advocacy](#)
-   [Services & Resources](#)
-   [Research](#)
-   [MS Navigator](#)
-   [Connections](#)
-   [Awareness](#)
-   [Get Involved](#)

Together We Are Stronger.



SHELLY (R), DIAGNOSED IN 2006

Who We Are

We are more than an organization. We are a movement. United in our collective power to do something about MS now and end this disease forever. The gathering place for people with MS, their family and loved ones, healthcare providers, volunteers, donors, fundraisers, advocates, community leaders and all those that seek a world free of MS. A place to connect and take action. In order to change the world, we mobilize all possible human and financial resources to achieve results.

1-800-344-4867
nationalMSSociety.org



Who We Are

Our Society's Vision: A World Free of MS

- A movement by and for people affected by MS
- Founded in 1946
- Multi-functional: Healthcare access, connections, awareness, advocacy, research



Services and Support: MS Navigator

Support is one-on-one and customized to each individual and family—because every person's experience with MS is different.

- 1-800-344-4867
- www.nationalMSSociety.org
- contactusnmss@nmss.org

Services and Support



Empower you to Solve
Everyday Challenges



Ensure Comprehensive
High-Quality Healthcare

Advocacy

- Action alert
- Storybank
- Public policy conference
- State action day
- District activist leader

Issues

- Neurological registry
- Research funding
- Telehealth
- Access to healthcare and medication

Research

- \$1 billion in research funding
- \$22 million in 2020
- Stop, restore, end
- NIH and DoD
- Peer reviewed
- Clinical trials

Breakthroughs

- MS treatments
- Exercise
- Prevalence

Connections

- Self-help groups
- MS Friends
- Happy the App
- Leader drop-in calls
- Relationship building

Get Involved

- **Advocate for change**
 - Help turn MS issues into national priorities
- **Raise awareness**
 - Connect with others to raise awareness about MS
- **Volunteer your time**
 - Volunteers power the MS movement. Your time and skills are valuable!
- **Upcoming events**
 - Bike MS, Walk MS, Climb MS, Gala

Expectations of a Self-Help Group Leader

- Training
- Confidentiality
- Code of conduct
- Accessibility
- Diversity and inclusion
- No medical advice
- Disclaimer

Diversity and Inclusion Statement

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

We share a collective passion, and our voices reflect diversity. We value and welcome diverse perspectives so that everyone feels free to bring their whole selves and contribute fully to our mission. We actively seek out and include these differences to ensure we make the best decisions to achieve our vision, a world free of MS.

Thank you!



**National
Multiple Sclerosis
Society**

**Society Resources
We are Here**

Support for Leaders and Groups

- **We are going digital through December 31st**
- **Ongoing Drop In Calls**
 - Thursdays at noon PST/3EST
 - October 22: Connections Group Leader Facebook Page
 - October 29: Halloween themed. Veterans Information and Services.
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**

National MS Society

CONNECTIONS VOLUNTEERS



A space for Self-Help Group Leaders
MS Friends volunteers to connect
through a private Facebook group.



Opportunity for connection
to support each other, share ideas,
facilitate discussions and
connections, and access information
about resources and opportunities.



Staff partners will be reaching out
with more information and group
invitations.

Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

> For Connection
Program Volunteers



SHARE

Like 2

Tweet

Share

11

IN THIS ARTICLE

- > Resources for volunteers
- > Recorded All Society Leader Calls
- > MS 101 Webinars
- > Group meeting discussion guides and toolkits

Ask an MS Expert

MS Clinical Trials: What You Need to Know

Experts



Sandra Duff Cassard, ScD
Research Associate
Department of Neurology
Johns Hopkins School of Medicine



Ms. Diane Kramer
Diagnosed with MS in 2010, MS
Activist, Support Group Leader, Board
member, and Clinical Trial Participant

CAFÉ CON LECHE

Conversation and Support in Spanish for People Living with Multiple Sclerosis

In the National MS Society, we want to make sure that everyone affected by MS can connect with others, feel supported, and receive reliable information regardless of where they are. In this opportunity, we invite the Hispanic/Latino MS community to join us for the video conference/phone call **Café con Leche** group.

Meetings are the 2nd Tuesday of each month at 4:00 p.m. ET. First meeting is October 13

For more information or to register call 1-800-344-4867, option 3, or nationalMSSociety.org/Espanol.

Readiness for In-Person Gathering Survey

The National MS Society faces important decisions about how and when to resume in-person gatherings. To help us in our planning and decision-making, we want to hear how comfortable you would feel attending various in-person activities. Please take this 5-minute survey to share your feedback.

<https://www.surveymonkey.com/r/9BY8YQP>

Emotional Support Resources

- [Happy the App](#)
- [Find Doctors and Resources Tool](#)
- [Facebook Group: National MS Society Community](#)
- [MS Navigator is available to help!](#)
- [HelpPRO](#)
 - Online search tool
- [Behavioral Health Treatment Services Locator](#)
 - Nationwide behavioral health services & resources
- [NeedyMeds.org](#)
 - Mental Health clinic locator

Need Support Connecting Your Group?

Resources are Available!

- ✓ Skype
- ✓ Zoom
- ✓ FaceTime
- ✓ Google Hangout
- ✓ Facebook Messenger
- ✓ Free Teleconference Tools
- ✓ Support Group finder on Society Website

***Connect with your Society Staff Partner
to discuss your needs***

SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSSociety.org

CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders