



A NAMI Mass campaign

Institution for Savings Leader Takes on Statewide Fight Against Workplace Stigma *Michael J. Jones is a CEO Against Stigma*

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Newburyport, MA – For 196 years, the Institution for Savings has prided itself on “building stronger communities together.” Michael J. Jones, the President and CEO, understands that a vision like that for the communities the Bank serves takes a strong employee commitment. So, he is making sure his staff knows that they are his priority as well. Jones has joined the growing list of business, state, and municipal leaders across the Commonwealth vowing to establish stigma-free places of work for their employees. He has signed a pledge to become a [CEO Against Stigma](#), the workplace initiative created by [the state chapter of the National Alliance on Mental Illness](#) (NAMI Mass).

“I am proud to join with my fellow CEOs from across the region to sign this critically important pledge,” said Mr. Jones. “Since 1820 our vision at the Institution for Savings has been to positively affect the lives of our customers, our communities and our employees. A critical component of that vision includes fostering an inclusive, nurturing and compassionate environment whereby each and every person feels supported and accepted. I am proud at the breadth and depth of the programs and assistance that we offer our team and their families who struggle with the challenges of mental health issues every day. I look forward to continuing to do whatever we can to fight the stigma associated with mental illness.”

“Mental health conditions affect one in five adults and unlike physical illnesses, carry a stigma that prevents people from discussing them at work. That stigma can lead to high turnover, low productivity and increased employer costs,” said Linda Lewis, NAMI Cape Ann board member. “In fact, mental health conditions represent the leading cause of workplace disability.”

CEOs Against Stigma partners with the top leaders of businesses, organizations and municipalities across the state to change misconceptions about mental illness by

encouraging people to open up and speak freely about the conditions that affect them and their immediate families, and seek treatment.

An important component of the campaign involves bringing NAMI's [In Our Own Voice](#) (IOOV) presentations into the workplace. IOOV presentations feature two people sharing their personal stories of recovery and has been recognized by a leading national mental health researcher as the most effective anti-stigma program in America.

Institution for Savings will also provide helpful information for employees and managers so they are better informed as well as make its 235 employees more aware of the mental health benefits available to them.

“We pride ourselves on having a supportive, nurturing workplace based on trust and respect, two words that are at the epicenter of everything we do,” Mr. Jones said. “It’s critically important that our employees know they have ample resources at their disposal to weather any storm, whether professionally or personally. We look forward to partnering with NAMI on this important endeavor.”

Any company, organization or municipality headquartered in Massachusetts, with at least 50 employees, can join. For more information about **CEOs Against Stigma**, log onto the website: <http://ceos.namimass.org>. You can also contact [NAMI Cape Ann](#) at 978-281-1557 or namicapeann@verizon.net.

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About the National Alliance on Mental Illness of Massachusetts (NAMI Mass)

Founded in 1982, NAMI Mass is a nonprofit, grassroots education, support and advocacy organization. It is the state's voice on mental illness, with 21 local chapters and more than 2,000 members. Its mission is to improve the quality of life for people with mental health challenges and their families by educating the public; fighting stigma, discrimination and stereotypes; and promoting recovery. To that end, the organization offers free, peer-led programs that provide resources, insights, coping skills and genuine support.

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