



Support Group Trainee Application

Date of the training: _____

Training Location (City): _____

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____

My ill relative is my (must be a first degree relative – spouse, sister, etc.) _____

He/she has been ill for _____ and the diagnosis is _____

Does this relative live nearby Yes No OR with you? Yes No

Has your relative recently experienced a mental health crisis? Yes No

NAMI membership is required. Please list the affiliate and how long have you been a member:

Have you done other volunteer work for NAMI? (Please describe below) Yes No

Have you taken Family-to-Family classes and if so, where and when?

I will be able to attend the entire training (see announcement letter for schedule) Yes No

What do you plan to do after completing this training?

Create a new NAMI Support Group? _____

Facilitate an existing NAMI Support Group? _____

Other? _____



Who recommended you for this training? _____

What is his/her email (if available)? _____

What is his/her involvement with NAMI? _____

(Family-to-Family teacher, Support Group Facilitator, NAMI Board Member, another volunteer, etc.)

To be a successful NAMI Support Group Facilitator, you need to respond to others in a non-judgmental way, you need to be a good listener with an empathetic ear, and you need to be willing to talk about your experience as a relative of a family member with a mental illness. With this in mind, please briefly explain why you want to become a NAMI Support Group Facilitator or offer any other comments you care to share:

AGREEMENT

- ***I agree to be at each session of the workshop on time.*** Please understand that if you are excessively late to sessions you may jeopardize your participation in the workshop and a facilitator certificate may not be issued to you.
- ***I understand that participation in this training does not guarantee that I will become a certified NAMI support group facilitator.*** Trainees must demonstrate the qualifications needed to become a good NAMI support group facilitator by the end of the training. The first day of training provides an opportunity for trainees to assess their basic qualifications for being a facilitator. Any concerns should be brought to the trainers' attention.
- ***I agree to notify I agree to notify Serena Durand, (916) 567-0163 if I must cancel.*** There is a waiting list and prompt notification of a cancellation enables us to invite another participant. Last minute cancellations often mean that NAMI still must pay the hotel and food expenses for a participant.
- ***I agree to serve as a support group facilitator for two years.*** Support group meetings are held at least monthly. It is understood that unexpected situations may occur in which flexibility in this policy will be needed.
- ***I agree to lead the support group according to the established NAMI operating policies.***
- ***I agree to provide group participant data to NAMI National or to the local affiliate for them to report.***

Signature of Applicant

Print Name

Date



EMERGENCY INFORMATION:

Contact Name _____ Relationship to you _____

Telephone numbers (2 preferred) _____

Do *you* have **cell phone number** we can reach you at that weekend? _____

Medical or Diet Considerations (including Vegetarian preference)?

Carpool – I give my permission for Serena Durand to disclose my email and/or phone number to parties interested in carpooling. Yes No
 (Requests to be made no later than 2 weeks before a training.)

Commuting: I live within 30 minutes of the training. I intend to drive to and from home each day?
 Yes No

Lodging: Lodging is free if you are willing to share a guest room with another trainee (m/m or f/f).

Private Room: If I am accepted into the training, I will be requesting a private room Yes No
 There is an additional cost for a private room and the confirmation letter will provide relevant details.

Signed _____ Print Name _____ Date _____

Thank you for your application.
 YOU WILL BE NOTIFIED BY EMAIL IF YOU HAVE BEEN SELECTED TO ATTEND.

NOTE: The deadline for all applications is two weeks before a training is scheduled however please remit as soon as possible as training fill quickly. Thank you!

Please Mail, Fax* or Email to:
Serena Durand, Program Coordinator
 1851 Heritage Lane, Suite 150
 Sacramento, CA 95815
 Phone: (916) 567-0163
 Fax: (916) 567-1757
Email: serena@namica.org

*Please follow up **faxed** applications with a phone call or email to confirm receipt.



COMMUTERS: We are requesting people who live within 30 minutes of the training site to commute. Minutes are based on MapQuest estimations. **Please let us know if you plan to do so.** Commuters who would like breakfast at the hotel need to sign up the first day of the training.

Description of the NAMI Family Support Group Training

As a support group facilitator, how do you ensure that:

- The group starts and stops on time?
- Someone doesn't monopolize all of the group's time?
- Group members are all treated with respect?
- The subject such as suicide or involuntary commitment is handled appropriately?
- You have a response for someone who seems to have a problem that's just not solvable?
- Quiet members in the group get a chance to participate?

The Skill Training Workshop is designed for support group facilitators to learn and practice specific skills that will guarantee a meaningful support group experience.

Facilitators will learn how to:

- Encourage the group to make room for all its group voices
- Short-circuit personal sagas and engage the group in subjects of collective interest which are food for collective thought
- Circumvent griping by identifying common ground for *real* talk about emotions family members are coping with.

The training is focused on learning specific techniques for shaping, invigorating, and improving the group experience in support group meetings. The mechanisms used are called *structures* and *group processes*. Structures are fixed elements of the meeting which convey support group procedures, and provide universal themes for discussion; group processes foster group discussion and group interaction.

The NAMI Facilitator Skill Workshop will introduce facilitators to these techniques and teach them how to recognize **cues** that signal when a shift is necessary, and how to move the group to a *structure* or *process* which would enhance the group experience. A number of practice exercises have been designed to help facilitator trainees master these skills.

At the training you will also receive information on how to advertise your support group in the community and also how to report your support group meetings online to NAMI National

Effective support group facilitators are the key to making any support group experience positive and productive. The NAMI Facilitator Skills Support Group training enables support group facilitators to run useful, helpful support groups, be they weekly, biweekly or monthly meetings. NAMI affiliates know that effective support groups are a key facet of NAMI's grassroots organization.