



NAMI CALIFORNIA
Support Group Trainee Application

Date of the training _____ City where training will be held: _____

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ / _____ Cell _____ / _____ Email _____

Please answer these questions for training as a NAMI Support Group Facilitator:

My ill relative who has a mental illness is my (must be a first degree relative – spouse, sister, etc.)

_____ and their diagnosis is _____

Does this relative live nearby or with you? _____

How long has your relative been ill? _____

Has your relative recently experienced a mental health crisis? _____

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

What other volunteer work have you performed for NAMI? _____

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

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 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 mentally ill family member. 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:



NAMI CALIFORNIA 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 Lynn Cathy, 916-647-6931 if I must cancel**

There is a waiting list and prompt notification of a cancellation enables us to invite another participant.

- **I agree to serve as a support group facilitator for two years.**

Meetings are usually held once a month, however the facilitator can opt for more frequent meetings. 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.**

Signature of Applicant

Print Name

Date



NAMI CALIFORNIA Participant Emergency Form

Emergency Information - Two contacts please:

Name of relative in case of emergency _____ Relationship to you _____

Telephone numbers (2 preferred) _____

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

Carpool – I give my permission for program director Lynn Cathy to disclose my email and or phone number to parties interested in carpooling. Y/N
(Requests to be made no later than 2 weeks before a training.)

Diet/Health
Considerations? _____

Signed _____ Date _____

Print Name _____

Please Mail, Fax or Email to:
Lynn Cathy, Director of Family Programs
4921 Werre Ct. Elk Grove, CA 95757
Home Office Telephone: 916-647-6931
Fax: 916-567-1757 (Main Office)
Email: Lynn.cathy@namicalifornia.org

Important Note: If you fax could you please send me an email or call my home office phone to let me know that it has been faxed? Thank you very much!



Description of the Facilitator For Support Groups Training

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

We want facilitators to know 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.

During the weekend we will focus on specific techniques for shaping, invigorating, and improving the group experience in support group meetings. The mechanisms we use 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.

- *There are 4 Structures:* The Agenda, Group Guidelines, Principles of Support (our belief system and goals); Emotional Stages (helping people identify and meet their needs).
- *There are 3 Group Processes:* Handling Hot Potatoes (traumatic events); Tapping Group Wisdom (calling on group strength); and Problem Solving (finding practical solutions when people are stuck).

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. We have designed a number of practice exercises to help facilitator trainees master these skills. At the upcoming training, we will put you through the same group of skill exercises you will be giving to your trainees, so you can experience how these exercises work.

At the end of the training you will be given Support Group Report Cards. Every time you hold a support group meeting, please fill out the card and send it to NAMI California. The postcard is pre-addressed for your convenience. If you wish to email the information, please provide exactly the same information that is asked for on the card, so we can process your data. The figures provided by you are ultimately sent to the California Department of Mental Health which funds this program.

ADVERTISING YOUR NEW SUPPORT GROUP

If you are starting a new support group, you will need to find ways to advertise your group. Here is a list of possible avenues for advertising:

Your affiliate newsletter

Community Calendar in your local newspaper

Create business cards

Free advertising in circulars

Distribute flyers at: Mental health centers, doctor offices, and libraries (ask first), churches – best if you go there in person or make a phone call before sending out flyers.



NAMI CALIFORNIA
Family to Family Support Group Training

Trainers:
To be announced

Schedule:

Friday 2:00 pm – 9:00 p.m.
(Dinner)

Saturday 8:30 a.m. – 6:00 p.m.
(All meals*)

Sunday 8:30 – 1:00 p.m.
(Breakfast)

Location: To be announced

Contact:
Lynn Cathy,
NAMI California Director of Family Programs

*Note: Commuters please notify the program director if you will be needing breakfast.

The training, food and materials are free. The hotel or retreat center rooms at the training are shared (male/male or female/female). If you request a private room, you will incur the cost of the first night's stay at the group rate. NAMI California will pay for the second night. Reservations are arranged by NAMI California and please note that ALL changes to your reservation must be done through Lynn Cathy. Thank you for your cooperation.

Note: Application is 5 pages.

NAMI California Family to Family
National Alliance On Mental Illness
Mailing address: 4921 Werre Ct., Elk Grove, CA 95757
Tel: (916) 647-6931 Main Office FAX (916) 567-1757
Email: Lynn.Cathy@namicalifornia.org