



NAMI CALIFORNIA Family to Family Teacher Application

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

Contact Information:

Last Name _____ First Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ / _____ Cell _____ / _____ Email _____

Please answer these questions for training as a NAMI F2F Teacher:

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 name your affiliate and how long have you been a member.

Have you done other volunteer work for NAMI? _____

Have you taken the Family-to-Family course and if not, is it available in your area?

This training runs from 10:00 a.m. Friday to 3 p.m. Sunday.

I will be able to attend the entire training. Y/N

I will be available to teach a Family to Family Course within the next 6 months Y/N

Who recommended you for this training? _____
Name of person

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 teacher, 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 family member of someone who has a mental illness. With this in mind, please briefly explain why you want to become a NAMI teacher or offer any other comments:

Teacher 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 teacher certificate may not be issued to you.

- **I understand that participation in this training does not guarantee that I will become a certified NAMI teacher**

Trainees must demonstrate the qualifications needed to become a good NAMI teacher by the end of the training. The first day of training provides an opportunity for trainees to assess their basic qualifications for being a teacher. Any concerns should be brought to the trainers' attention.

- **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 teach (2) 12-week sessions of Family to Family within two years**

It is understood that unexpected situations may occur in which flexibility in this policy will be needed.

- **I agree to teach Family to Family according to the established NAMI Family to Family operating policies (pg iii in Teacher's Manual).**

Signature of Applicant

Print Name

Date



NAMI CALIFORNIA

Participant Emergency Form

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? _____

Medical or Diet Considerations: _____

Carpool – I give my permission for program director Lynn Cathy to disclose my email and or phone number to parties interested in carpooling to the training. Y/N

Signed _____ Date _____

Print Name _____

Please Mail, Email (preferred) or Fax to:
Lynn Cathy, Family to Family Program Director
4921 Werre Ct.
Elk Grove, CA 95757
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!



Family to Family Teacher Job Description

NAMI National Requirements

- A teacher must be a first degree family member of a person with mental illness.
- Each prospective F2F teacher must be a current member of a NAMI Affiliate.
- Each person who is authorized to teach the F2F 12-week course must be a certified F2F teacher who has completed the 3-day state sponsored teacher training.
- It is highly desirable that prospective F2F teachers attend the 12-week F2F course prior to being scheduled to attend the 3-day teacher training. This guideline does not apply to persons who reside in areas where no 12-week classes are available.
- There are to be no paid F2F teachers. This a peer training course to be taught by volunteer family members.
- The course is designed for two teachers who co-teach during the 12 week session.

Duties of a Family to Family Teacher:

- Co-teaching the class
- Complete and mail/email paperwork for the Program Director – Class list in week 3, then final class 12 paperwork. Requires approximately one hour total.
- Adding updates to your teacher manual. These are usually emailed/mailed to you by the State Program Director. Updates can be expected in late December or early January.

If you have an Education Director or Affiliate Coordinator in your affiliate, then they will do this prep work below:

Find a location to hold a class, advertise, register the participants, prepare materials to be handed out, collect class supplies – markers, charts, etc.

If your affiliate doesn't have such a coordinator, then you will need to handle these responsibilities as well.

Mileage and Other Expenses Incurred:

Affiliates work with their Family to Family teachers regarding expenses incurred. Find out what your affiliate's policies are regarding reimbursement. Most affiliates do not reimburse mileage, however you may be allowed to claim the mileage on your income tax as a volunteer – see your tax consultant for the current rules regarding tax deductions.

Please contact the person who referred you or contact me if you have additional questions about becoming a Family to Family teacher. We look forward to having you in our upcoming teacher training!



NAMI CALIFORNIA
Family-to-Family Teacher Training

Schedule:

Friday 10:30 a.m. – 9:00 p.m.
(Lunch and Dinner included)

Saturday 8:15 a.m. – 6:15p.m.
(All meals provided)

Sunday 8:15 a.m. – 3:00 p.m.
(Breakfast and Lunch included)

Location: to be announced

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 second night's stay at the group rate. NAMI California will pay for the first night. Reservations are arranged by NAMI California and please note that ALL changes to your reservation must be done through the program director. Thank you for your cooperation.

Contact:

Lynn Cathy,
NAMI California F2F Program Director

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