



The NAMI Connection Recovery Support Group Program is happening in Washington!



These peer/consumer led groups meet once a week for 90 minutes and offer a structured group process designed to encourage, support and empower people on the path to recovery. Connection support groups, open to peer/consumers with any diagnosis, are forming all over the country.

We are looking for peer/consumer volunteers to form a team for this purpose, and attend a free weekend training event to become support group facilitators.

WHEN: Friday, September 26th through Sunday, September 28, 2008

WHERE: Hotel To Be Announced in Seattle. Transportation, single room and all meals are provided.

WHO: NAMI National and NAMI Washington are hosting the event. NAMI National Peer/Consumer Connection Trainers will lead the training.

TO SIGN UP: Contact Laurie Scott, laurie_es@comcast.net or (425) 641-0745 or contact Beth Gould toll free 866-461-4569 who will tell you more and answer any questions you may have.

This is a wonderful opportunity for you to learn new skills and give back to others who will greatly benefit from this weekly recovery resource!

www.nami.org/connection



NAMI Connection Recovery Support Group Program is a peer-based, mutual support group model. The vision is that by the year 2010 every person in this country who lives with a mental illness will have, within reasonable driving distance, a NAMI Connection Recovery Support Group to attend every day of the week.

A **NAMI Connection Recovery Support Group** is an alliance of individuals who have in common the experience of living with mental illness. It provides a place to share experiences and use them as learning opportunities for ourselves and others. Connection groups are a safe space to confront the challenges that all consumers face, regardless of diagnosis: low self-esteem; social isolation; dual diagnosis; stigma and discrimination; etc.

NAMI Connection Facilitators are individuals living with mental illnesses and are at a point in recovery where they want to “give back” to others. They attend an intense training designed to help them develop the skills they need to facilitate a NAMI Connection Recovery Support Group.

NAMI Connection Facilitators:

- ☆ Apply to be selected to attend training and include a reference in their application
- ☆ Receive skill training in the NAMI Connection Recovery Support Group model
- ☆ Are volunteers
- ☆ **Co-facilitate weekly 90 minute groups – work in pairs (A minimum of 2 people need to be trained for each support group)**
- ☆ **Commit to a minimum of one year of service**
- ☆ Commit to fidelity to the NAMI Connection model

For current NAMI-C.A.R.E. facilitators – there will be a one-day training that will be held in conjunction with the new facilitator training that you can attend in order to become certified as a NAMI Connection Facilitator.

NAMI Connection Recovery Support Group Facilitator Trainings are sponsored by NAMI National in collaboration with State and Local NAMI Affiliates. Trainings are planned for 30 trainees; resulting in 10-15 support groups, each with two co-facilitators. Trainings will be held twice in each state at no cost to the state affiliates, local affiliates, or the trainees.

NAMI Connection trainees do not need to be members of NAMI prior to attending the training. The expectation is that NAMI Connection facilitator trainees will become members at the training if they are not members already. Open Door memberships (a reduced rate) are available for individuals with low incomes.

Special Note: Attending a training does not guarantee becoming certified as a facilitator. We try to help each person develop the needed skills throughout the 3 day training. Even though we try to make sure that trainees are a good match for the program, on rare occasions there are things that surface during the training that raise concern for the individual or the trainers. These exceptions are dealt with on an individual basis at the training by the program manager and trainers.

Connection Support Group Sites, meeting days and times should be arranged prior to facilitators going to trainings. This way, facilitators can begin groups directly after training. Local leaders are instrumental in making these arrangements with the site and the facilitators.

I'm interested. I have more questions. Who can I contact and how?

Beth Gould

Field Manager, Area 4
NAMI Connection Recovery Support Group Program
NAMI Education, Training & Peer Support Center
Phone: 1-866-461-4569
Cell: 571-271-4189
Fax: 360-445-4603
email: bgould@nami.org
P.O. Box 417
Conway, WA 98238

**NAMI Connection Recovery Support Group
Facilitator Application**
Washington
September 26-28, 2008 Seattle

Name:		
Address:		
City/State/Zip:		
Phone (H)	Phone (C):	Phone (O):
Email:		Fax:
Best time to call:		
Reference (Name and email or phone):		

(Please note: Your reference should be someone who knows you well enough to recommend that you be trained to become a facilitator.)

Are you a member of NAMI? Yes No

If **no**, are you willing to join? Yes No

Have you ever been convicted of a felony? Yes No

If **yes**, please explain:

Please tell us why you want to be a NAMI Connection Recovery Support Group Facilitator:

Job Requirements:

- ✓ Willingness to undergo training and to adhere to fidelity to the NAMI Connection Recovery Support Group model
- ✓ to adhere to fidelity to the NAMI Connection Recovery Support Group model is required
- ✓ Commitment to perform weekly support groups for a minimum of one year
- ✓ Ability to provide group participant data as required
- ✓ Willingness to identify potential new facilitators from their support groups
- ✓ Positive regard for, or personal experience with mutual support
- ✓ Be or become a member of NAMI

Availability to co-facilitate NAMI Connection Groups (Check **all** that apply):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Do you have your own transportation? Yes No

Public Transportation? Yes No

Are you willing to travel? Yes No

If yes, how far: 5-10 miles 11-20 miles More than 20 miles

What language(s) other than English do you speak fluently?

Information needed should you be selected to attend training:

1. Do you have any dietary restrictions or food allergies? If so please specify.

2. Do you need any special accommodations that we should be aware of? If so please specify.

3. Will you be requiring overnight accommodations for Thursday night?
Yes No

4. Do you have transportation? Yes No *

- * If yes, would you be willing to transport other participants Yes No

I have read and understand the NAMI Recovery Support Group Facilitator job requirements.

_____ (initial)

I understand that my attendance at Facilitator Training does not guarantee that I will be certified as a NAMI National Recovery Support Group Facilitator.

_____ (initial)

If selected to attend -

Attending the NAMI Recovery Support Group Facilitator Training, and **receiving certification** as a facilitator, **I acknowledge that I am making a commitment to facilitating a support group once a week for a one year period.**

(Date)

(Signature)

Return Application to:

**Laurie Scott
14460 NE 16th PL
Bellevue, WA 98007
laurie_es@comcast.net**

For questions, please call

**Beth Gould
1-866-461-4569 or write
bgould@nami.org**