



Do you want to get involved in NAMI Signature Programs in Fall 2017?



Fall 2017 NAMI NJ Support and Speaker Training Announcement

The Programs

NAMI has a number of “signature programs,” which are standardized through training and practices, so that wherever given in the US they will have similar outcomes¹. The programs include²:

- NAMI Connection, a support group model where people dealing with mental health issues assist each other
- NAMI Family Support Group, a support group model where people dealing with mental health issues in a family member/loved one assist each other
- In Our Own Voice, a program where NAMI volunteers go into the community and make a live + video presentation about their recovery experience, in an effort to educate the community and reduce stigma.

Further information about each of these programs can be found on www.naminj.org

The Training Model

In order to facilitate the support groups, or to present In Our Own Voice, NAMI volunteers are given two full days of training by trainers who have been certified to do so by our national organization. The trainings are conducted and sponsored by NAMI New Jersey, which covers all expenses of providing these trainings. Most volunteers who attend the full two days of trainings for their respective programs are then certified to facilitate support groups or make presentations. Support group facilitators work with their local NAMI New Jersey affiliate or multicultural program, while In Our Own Voice is handled by NAMI New Jersey directly.

Fall 2017 Training Season

We have scheduled trainings for each of these three programs for the fall of 2017. Each will take place from 9:30am-5pm on two successive Saturdays at the NAMI New Jersey office in North Brunswick, or a nearby location. This is a ground-floor facility, but there are no accessible restrooms. Training dates are planned for:

- **October 14 & 21 for NAMI Family Support Group**
- **October 28 & November 4 for In Our Own Voice**
- **November 11 & 18 for NAMI Connection (Location TBD)**

Applying for the Trainings

Because the number of trainings per year and the number of seats in each training are limited, space in these trainings is competitive. The application on the next two pages must be completed online or mailed to the NAMI New Jersey office at 1562 Route 130, North Brunswick, NJ 08902, c/o Lisa Powell. Deadline for applications to the affiliate/program leader are:

- **September 5 for NAMI Family Support Group**
- **September 19 for In Our Own Voice**
- **October 3 for NAMI Connection**

For Further Information

Please visit www.naminj.org, speak with your affiliate/program leadership, or contact jyudof@hotmail.com.

¹ Other benefits of standardization include allowing standard manuals and training materials, allowing facilitators/presenters and attendees common expectations, allowing national marketing, and supporting research.

² This announcement is limited to the three listed programs. Other signature programs include NAMI Family-to-Family Education, NAMI Basics, Peer-to-Peer, and NAMI Homefront.

Application

Name: _____

NAMI Affiliate: _____

Mailing Address: _____

Phone Number(s): _____ Email: _____

What is the best way to reach you? _____

I am applying to be trained in:

1. ___ NAMI Family Support Group on October 14 & 21, 2017

2. ___ In Our Own Voice on October 28 & November 4, 2017

3. ___ for NAMI Connection on November 11 & 18, 2017

(if you selected both #1 and #2, which would be your preference? _____)

You must be able to answer yes to all of the following questions in order to be considered for the training(s):

___ I am a NAMI member, volunteering to help NAMI

___ I speak and read English

___ I am prepared to attend both days of the training, in full

___ I live in New Jersey no less than eight months a year

___ I am a person who fits within the target population of the program(s) I am applying for

- For NAMI Family Support Group, current/former family caregiver of a person dealing with an ongoing mental health issue
- For NAMI Connection and In Our Own Voice, person dealing with/recovering from an ongoing mental health issue

___ I am or will be over the age of 18 by the scheduled training date

___ I agree to facilitate at least six group sessions or make at least six In Our Own Voice presentations in my area over the next year

___ I understand that teamwork and partnership are critical components of NAMI programs.

I am willing to co-facilitate or co-present with someone whose views may differ significantly from my own³

(Please turn over to continue Application)

Application - Page 1

For NAMI Family Support Group and NAMI Connection

__ I have read and agree to abide by the Overview of the NAMI Signature Support Group Model on the next page

For In Our Own Voice

__ I answer yes to the five Presenter Confirmation Questions on the next page

__ I drive and have access to a car (if no, please explain below how you get around)

Please indicate in no more than one paragraph why you wish to be trained for and involved in this program(s)

Please describe your involvement in NAMI or other advocacy/peer support activities

Please indicate any special dietary needs or other accommodations you would like to request so that you can attend and succeed in the training

Thank you. Please return this form by the deadline to NAMI NJ Office, 1562 Route 130, North Brunswick, NJ 08902, c/o Lisa Powell. Stand by for updates on your application status and the scheduled training(s).

³ For instance, one of you may believe in a medication first approach, while the other wishes to avoid medication and medical coercion

Overview of the NAMI Signature Support Group Model

In order for a support group to be promoted as a NAMI Connection or NAMI Family Support Group, the following program standards must be met:

1. The group is facilitated by two individuals trained and certified in the NAMI Signature Program Support Group Model
2. Facilitators are either peers with a mental health condition (NAMI Connection) or family members/loved ones of an individual with a mental health condition (NAMI Family Support Group)
3. Facilitators follow the 10 Key Points of Support Group Facilitation:
 - Use the Facilitator Guides (have them in hand)
 - Follow the steps on the Facilitator Guides exactly
 - Use an “AID US” strategy when moving to a structure or process
 - Follow the Agenda, Group Guidelines and Principles of Support
 - Show empathy toward group participants and model respect
 - Ensure that the group process remains constructive through use of the model
 - Move the group out of a negative group dynamic when it arises
 - Refrain from giving advice or acting as therapists
 - Refrain from asking the group for help working through their own personal challenges
 - Show fidelity to the support group program model at all times
4. There is a resource table for group attendees
5. The group meets weekly, biweekly or monthly at a location open to the public
6. The group meets for at least 60 minutes

The group cannot be called a NAMI Connection or NAMI Family Support Group unless all the standards listed above are followed and the trained facilitators adhere to the NAMI Signature Program Code of Conduct, which includes refraining from:

1. Providing interpretations of participant behavior
2. Analyzing participant relationships, interactions or responses
3. Including religious practices in the support group meeting
4. Prohibiting new participants
5. Acting in the capacity of mental health professionals

In Our Own Voice Presenter Confirmation Questions

1. I have some sense of what has contributed to my mental health recovery, and am prepared to explain it (may or may not be medication or other treatment)?
2. I spend my days doing things I value, like work, volunteering, going to school, taking care of my family, etc., rather than spending significant time every week using a treatment program?
3. I consider myself able to speak in front of groups as large as a school class – I can speak up and speak out clearly and without excessive fear?
4. I am prepared to speak about my mental health recovery in front of a public group, knowing that I may encounter neighbors, colleagues, and others I know in the community, and that my name, image, and personal story may get shared by and with others⁴?
5. If selected, I am prepared to follow the following basic rules of the program, including:
 - Attending any presentation I agree to make, unless an emergency comes up
 - Keeping my talk focused within the six segments
 - Keeping my talk focused on my personal experiences, and presenting in a positive manner⁵
 - Making presentations for the basic community education and stigma reduction purposes of NAMI IOOV, rather than selling my book, advancing my political candidacy, etc.

⁴Think carefully about this one. NAMI NJ will not publicize you by name. Nonetheless, people are sometimes surprised that dropping out of the program does not erase postings, pics, etc. which have found their way online.

⁵Many of us have experienced challenges in treatment, and/or discrimination, and have a passion to change the system. However, presenters whose talks focus on negative experiences or on approaches to change, rather than their own personal experience, are not generally effective.