

**Volunteer Position Title: NAMI Warren County NJ Peer Support Group Leader/Facilitator**

*Volunteers will fill the need for either NAMI* ***Family Support Group*** *(Family member of caregiver of a person living with a mental-health diagnosis) or,* ***Connections Recovery Support Group*** *(for those who are in recovery from a mental-health diagnosis).*

**Position Overview**: A NAMI Support Group Leader, adhering to the NAMI Signature Support Group Model, is the catalyst to ensure group participants gain the appropriate support they need.

**Duties and Responsibilities**:

1. The group is facilitated by two individuals trained and certified in the NAMI Signature Program Support Group Model.
2. Facilitators are family members/loved ones of individuals with a mental health condition (NAMI Family Support Group) or, individuals in recovery from symptoms of a mental health condition (Connections 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.

***Training Requirements***:

* Be a current NAMI member.
* Must be recommended by a NAMI State/Affiliate leader/Multicultural Leader.
* Submit the application form for the training session.
* Commit to reporting attendance data.

*You must be available to attend the* ***full online training****. The training will be 3-4 days for 2-3 hours per day, or similar configuration. \**

**Skills and Qualifications**: Applicants must possess a sincere desire to be a positive agent in the lives of people in general, and specifically for those who are affected by mental illness and their families. Applicants must also be willing to learn new interpersonal communication skills, specifically as it relates to group dynamics. Limited computer competency skills preferred.

**Time Commitment Required:** Training hours as specified under, “*Training Requirements\** “. Commit to facilitate at least 7 times/year. Be available 2 hours/month (time for set-up and break-down included). Every quarter, attend 1 ½ hour “check-ins” offered online through NAMI NJ.

**Benefits to the Volunteer**: By becoming a trained Support Group Facilitator, one can anticipate increased self-confidence from acquiring new and/or strengthening interpersonal communication skills, organization skills and meeting new people. A Volunteer will have self-satisfaction knowing one’s efforts are valued and positively contributes to the lives of others.

**Supervisor** (Who will this volunteer be reporting to?): The Support Group Coordinator, under the direction of NAMI Warren County NJ Executive Committee President, will coordinate scheduling assignments, and ensure facilitators/leaders have supplies and resources available for a successful meeting.

**Expectations of Volunteers (What does the organization expect of volunteers overall?)**: Volunteers will agree to be trained in and hold fidelity to the NAMI Signature Support Group Model and will communicate with the organization pertaining to Support Group concerns through the communications protocol explained under “Supervisor”.

**What Volunteers Can Expect From the Organization**: Volunteers will receive on-going training and support in the form of quarterly Check-Ins offered through NAMI NJ the state organization (NSO).

Please direct all inquiries to….

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