

NAMI Connection Facilitators **are trained NAMI leaders** who lead NAMI Connection Recovery Support Groups. They play an important role in ensuring all participants feel welcomed and supported.

NAMI Connection Facilitators are uniquely qualified to lead support groups because they are going through their own recovery process.

**By utilizing NAMI-trained support group methods,** they empathize with and encourage those who are just beginning the journey to a renewed life.

A NAMI Connection Facilitator ensures that the group shares responsibility for maintaining guidelines, sustains clear participant boundaries, clarifies goals, and reinforces communication skills that encourage group participation.

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### **Minimum Requirements for Volunteer Facilitators**

- **Be in solid recovery** (*Solid recovery = in a relatively stable place in his/her wellness and ready to assist others by leading support groups using the skills of the NAMI Connection model*)
- **Committed to facilitating** Connection Groups in his/her community for a **minimum of one year**
- **Actively engaged** in maintaining his/her wellness
- **Respects** his/her own emotional and physical resources and limitations
- As a facilitator, **does not act in the capacity of therapist** or any other health professional
- Adheres to the integrity of the NAMI Connection Recovery Support Group model. **Demonstrates this at each group by utilizing only the facilitation tools and skills he/she has been trained by NAMI to provide**
- Facilitates each meeting to the **best of his/her ability**
- When facilitating or attending a group as a participant, **conducts him/herself in a respectful manner with courtesy and appropriate behavior**
- **Understands that continuing development is essential** to providing the best support group experience possible and, thus, is committed to continuous efforts to improve his/her skills as a facilitator
- **Respects cultural and lifestyle differences** of group participants
- **Understands that his/her behaviors** reflect on the integrity and perception of NAMI and the programs NAMI offers and, therefore, keeps personal opinions and actions separate from those made as a NAMI leader
- Must be a **NAMI member**