

NAMI Family Support Group
2-minute Check-In

1. Your name
2. Who is your ill relative?
3. What is the diagnosis/symptoms?
4. How long have they been ill/experiencing symptoms?
5. How are they doing now?
4. What is your most pressing need right now?

Agenda

- Welcome
- Read: Principles and Guidelines
- Check In
(1-2 minute limit)
- Group Discussion
- Closing

Group Guidelines

1. Start and stop on time
2. Time limit for Check In
3. Absolute confidentiality
4. Be respectful
5. Be mindful of others; no monopolizing or cross talk
6. Let's keep it in the here and now
7. Empathize with each other's situation

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Principles of Support

1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

Predictable Stages of Emotional Reactions

I. Dealing with the Catastrophic Event

Crisis/Chaos/Shock

Denial; “normalizing”

Hoping against hope

Needs: Support
Empathy for confusion
Early intervention
Empathy for pain

Comfort
Help finding resources
Prognosis
NAMI

II. Learning to Cope

Anger/Guilt/Resentment

Recognition

Grief

Needs: Vent feelings
Education
Networking
Letting go
Keep hope

Self-care
Skill training
Co-operation from
system
NAMI

III. Moving into Advocacy

Understanding

Acceptance

Advocacy/Action

Needs: Restoring balance in life
Responsiveness from system

Activism
NAMI



Basics
Family-to-Family
Family Support Group
Provider Education