Welcome to our Family Support Group!

1. Your facilitators today are...

2. Mandated reporters?

3. Zoom etiquette – please mute yourself when not speaking!

4. Is anyone here for the first time?
Agenda

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

The Group Guidelines tell us how we are going to care for each other in the group. They provide the mutual consideration, acceptance and protection that are often hard to find in the real world. We will follow these guidelines at each meeting to create the sanctuary and safe place we need.

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
Principles of Support

The Principles of Support represent what we are striving for as we struggle to come to terms with mental illness. This is our belief system regarding universal, necessary truths that guide and strengthen us when life deals us this particular challenge.

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
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?
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

   **Needs:**
   - Comfort
   - Help finding resources
   - Prognosis
   - NAMI

II. Learning to Cope
   Anger/Guilt/Resentment
   Recognition
   Grief

   **Needs:**
   - Vent feelings
   - Education
   - Networking
   - Letting go
   - Keep hope

   **Needs:**
   - 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

   **Needs:**
   - Activism
   - NAMI
Thank you for coming to our Family Support Group!

1. Fill out our quick survey, it only takes 2 minutes and helps us to know how we’re doing:

   https://www.surveymonkey.com/r/CWPMQXL

   (Can also be found on the same page you registered)

2. Upcoming classes/programs/events

3. Please come to our next group!