



Welcome to NAMI Connection Support Group!

1. Your facilitators today are...
2. Zoom etiquette - please:
 - Mute
 - Minimize chat usage
 - Add pronouns to name if you'd like
3. Is anyone here for the first time?
4. Is anyone here a mandated reporter?

(Facilitators - please make sure both of you have host/co-host privileges)

Agenda

- Welcome
- Agree to Group Guidelines
- Check In
(1-2 minute limit)
- Read Principles of Support
- 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. Keep it in the here and now
7. Empathize with each other's situation

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 or more 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.

Emotional Stages of Recovery

I. Dealing with Catastrophic Events

Crisis/Chaos/Shock
Denial; “Normalizing”
Hoping against Hope

Needs

Support
Comfort
Empathy for confusion
Help finding resources
Crisis management
Reassurance
Empathy for pain
Permission to be numb
Hope
NAMI

II. Learning to Cope

Anger/Guilt/Resentment
Recognition
Grief

Needs

To permit and vent feelings
To keep hope
Education
Self-care
Networking
Skill training
To let go
To learn the system
Hope
NAMI

III. Moving into Advocacy

Understanding
Acceptance
Advocacy/Action

Needs

To restore balance in life
Responsiveness from the
system
To find meaning
A sense of empowerment
Activism
Hope
NAMI



Thank you for coming to NAMI Connection! Please:

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/CMHW283>

2. Remember any upcoming programs or events! (if applicable)
3. Come to our next group!