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

NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP
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
   Needs
   - Support
   - Comfort
   - Empathy for confusion
   - Help finding resources
   - Crisis management
   - Reassurance
   - Empathy for pain
   - Permission to be numb
   - Hope
   - NAMI

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

II. Learning to Cope
   Needs
   - To permit and vent feelings
   - To keep hope
   - Education
   - Self-care
   - Networking
   - Skill training
   - To let go
   - To learn the system
   - Hope
   - NAMI

   Anger/Guilt/Resentment
   Recognition
   Grief

III. Moving into Advocacy
   Needs
   - To restore balance in life
   - Responsiveness from the system
   - To find meaning
   - A sense of empowerment
   - Activism
   - Hope
   - NAMI

   Understanding
   Acceptance
   Advocacy/Action
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!