



Interested in starting the program in your area? Here are your first steps

- ✓ Gain support from your local and state NAMIs to run the program
- ✓ Develop a budget and strategic plan including the following costs and action steps:
 - 1-2 trainings of mentors per year
 - Training is 3 days
 - Requires a facility, food, and materials
 - Two trainers
 - Trainer stipends of \$500 per trainer + gas/mileage or airline ticket (a reduced base amount of \$250 per trainer is permissible when necessary)
 - A letter of acknowledgement with training details (date, location, etc) must be sent to NAMI national six weeks in advance of training.
 - Plan how many classes you will hold yearly (ideally at least 2-3 to start)
 - Classes are 10 weeks
 - Requires a facility and class materials
 - Two mentors and volunteer to teach the course jointly
 - Mentor stipends of \$500 per mentor + gas/mileage (a reduced base amount of \$250 per trainer is permissible when necessary)
- ✓ Hire a part/full time coordinator, or recruit a volunteer, that is willing to:
 - set up classes and trainings
 - handle finances (stipends, course materials, etc)
 - conduct optional interviews with potential mentors and participants (participant screening is usually done together with mentors)
 - report data to NAMI National
- ✓ Develop a marketing/outreach plan to find participants and mentors
- ✓ Train at least 6 mentors
 - It is a good strategy to train at least 6 mentors per affiliate in the event that someone does not graduate or if individuals move on in the future.
 - If your state doesn't have the program yet, you may be able to send some mentors to a state training near-by and pay for your trainees.