NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

Newsletter

Issue 9
September2009

Training of Trainers In St. Louis

NAMI Connection will hold a fourth training of state trainers next month in St. Louis. This event will include trainers from approximately 12 states.

The training will take place over three days and include several workshops. Trainers will learn about the different elements of adult learning, classroom management, cultural diversity and how to handle challenging situations. In addition to this, the trainers also have a full day of skill development and team building exercises. By the end of the weekend, all will be prepared to return to their home states and train others!

We know the event will be a wonderful success, and we look forward to welcoming this group. All participants are trained facilitators with at least 5 months of experience facilitating a group and have been recommended by their state affiliate.

Leaders To Network at Education Academy

Over 100 NAMI State Coordinators, and program leaders will participate in the NAMI Education Leadership Academy in St. Louis October 29th through November 1st. Attendees from all NAMI Education programs will meet at the event featuring speakers on diversity, marketing, outreach, program management, self-care and more. Stay tuned for new information to be shared from your state and affiliate leadership.

Trainer Spotlight: Virginia Dindy of Arizona

My name is Virginia Dindy and I am from Carefree, AZ, originally from Boston. I still carry a little of the "back home" accent. After retiring, my husband and I came to the Phoenix area to escape a lifetime of winter snow and ice challenges. In retrospect, I had been living with depression most of my life. Major depression had hold of me several times but I somehow managed to walk my way through, not understanding any of it, just coping. In 1991 I felt myself falling and unable to manage any longer. Finally agreeing to psychiatric care and therapy, my days began to brighten and I came back into the world.

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Testimonials

"NAMI Connection has made me realize that I can truly feel comfortable around my peers, and I <u>really</u> needed that feeling!"

"Thank you! This fills a need in me and I'm sure it will in many others!"

"I love these guidelines! More groups would be better and more successful if they had them."

"I think you should keep going until all states are involved with Connection – this will grow and grow and we can become a real force in this world. I am excited to get started."

Training Progress:

Facilitator Trainings: 107
Total Facilitators Trained: 1846
Total Support Groups: 399

For more information on NAMI Connection:

- Visit our website at www.nami.org/connection
- Call the HelpLine at 1(800) 950-NAMI (6264)
- Send an email to connection@nami.org

Interested in being a Connection Mentor?

A mentor must be a certified NAMI Connection facilitator willing to work closely with a person from the group who has received a Provisional Certificate at a state or national training, or a group member who has not attended training but is willing to serve in an assisting position.

Mentoring develops the skills necessary to assist someone in the facilitator role until that person can become a certified facilitator themselves. Dedicated mentors assure the person being mentored is able to understand how to facilitate a group according to fidelity through gentle advising, counseling and instructing. Helping and supporting the person in a trusting, non-threatening manner is an important factor. It empowers them to move forward with confidence.

Good mentoring will create a relaxed environment in which the person being mentored can feel encouraged to discuss their needs.

If you are interested in mentoring someone in your group, contact your state or affiliate office, or your NAMI Connection Field Manager, for more information.

Upcoming Facilitator Trainings

October 2-4: Alaska, Texas, Connecticut

October 16-18 : New Hampshire, Delaware, Kentucky

November 6-8: Pennsylvania, South Carolina

November 13-15: Minnesota, Wyoming, Illinois

November 20-22: Vermont

December 4-6: Alabama, Massachusetts, Pennsylvania

Keep those data reports coming! We look forward to receiving your reports. Notify your state field manager if you need postcards and remember the preferred method is by emailing data reports to

connectiondata@nami.org

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My introduction to NAMI came shortly after moving to Arizona, when we desperately needed support for our youngest son who wasn't responding to any treatments. NAMI came to the rescue and enabled us to see we were not alone. I finally connected with other people who suffered with mental illness. So NAMI has been a double blessing for me and my family.

I entered the NAMI world of education programs first as a Family-to-Family teacher and then as Family Support trainer and support group facilitator. Next I became a Peer-to-Peer mentor and trainer and a facilitator and trainer in NAMI-CARE. Finally, I am now reaching out with training in Connection. The sharing and caring in the support groups are remarkable. We learn from each other each and every time.

Being a trainer for Connection has brought a light to my eyes. Each time I teach, I learn something new and remarkable. Each time I teach, the new friends and experiences bring me the joy that was so missing in the early years. I hope to be able to continue this moving journey that brings caring and sharing to all of us.

Are you interested in being a champion for NAMI Connection?

In every community, NAMI is looking for Champions to help ensure that NAMI Connection becomes a successful and flourishing program.

Who can become a champion? Champions are consumers, family members, peer support specialists, mental health professionals, former affiliate board members; anyone who is interested in making NAMI Connection succeed in their local area.

If you or someone you know is interested in becoming a champion, contact your state office or email **connection@nami.org** for more information on how to help!

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