

Facilitator Training Schedule

Day One

8:30 – 9:00 a.m.	BREAKFAST (30 min)	<i>Entire Group</i>
9:00 – 10:00 a.m.	Welcome and Introduction (60 min)	<i>Entire Group</i>
10:00 – 10:30 a.m.	Introduction to the Model (30 min)	<i>Entire Group</i>
10:30 – 10:45 a.m.	BREAK	
10:45 – 12:00 p.m.	Support Group Model Demonstration and Discussion (75 min)	<i>Entire Group</i>
12:00 – 1:00 p.m.	LUNCH	
1:00 – 1:50 p.m.	Group Dynamics and Cues and Remedies (50 min)	<i>Entire Group</i>
1:50 – 2:05 p.m.	BREAK	
2:05 – 3:30 p.m. (times are approximate)	Overview of Small Group Training Exercises (5 min) Understanding the Five Strategies (5 min) Structure Exercise 2: Strategy Practice (35 min) Understanding the Agenda Structure (15 min) Ad Lib Role Play: Enforcing Time Limit for Check In Using the Agenda (25 min)	<i>Small Groups</i>
3:30 – 3:45 p.m.	BREAK	
3:45 – 4:50 p.m. (times are approximate)	Understanding the Group Guidelines (15 min) Group Guidelines Role Play Scripts (25 min) Ad Lib Role Play: Enforcing Time Limit with Group Guidelines (25 min)	<i>Small Groups</i>
4:50 – 5:05 p.m.	BREAK	
5:05 – 5:50 p.m.	Structure Exercise 3: Principles of Support (45 min)	<i>Small Groups</i>
5:50 – 6:00 p.m.	Day One Evaluations and NAMI Signature Program Operating Policies (10 min)	<i>Entire Group</i>

Day Two

8:30 – 9:00 a.m.	BREAKFAST (30 min)	<i>Entire Group</i>
9:00 – 9:15 a.m.	Review Day Two Agenda (15 min)	<i>Entire Group</i>
9:15 – 10:15 a.m.	Structure Exercise 4: Emotional Stages and Evaluation (60 min)	<i>Small Groups</i>
10:15 – 10:30 a.m.	BREAK	
10:30 – 11:00 a.m.	Fidelity and Working Together (30 min)	<i>Entire Group</i>
11:00 – 11:05 a.m.	Optional Post-Training Unit Discussion: Self-Care (5 min)	<i>Entire Group</i>
11:05 – 11:10 a.m.	Optional Post-Training Unit Discussion: Self-Affirmations (5 min)	<i>Entire Group</i>
11:10 – 12:00 p.m.	Group Process Exercise 1: Tough Topics (50 min)	<i>Small Groups</i>
12:00 – 12:10 p.m.	NAMI Family Support Group Emergency Procedure Instructions and Tough Topics Evaluation (10 min)	<i>Small Groups</i>
12:10 – 1:00 p.m.	LUNCH	
1:00 – 1:55 p.m.	Group Process Exercise 2: Group Wisdom and Group Process Exercise Evaluation (55 min)	<i>Small Groups</i>
1:55 – 2 p.m.	STRETCH BREAK	
2:00 – 2:45 p.m.	Cue Practice 1 (45 min)	<i>Entire Group</i>
2:45 – 3:15 p.m.	Cue Practice 2 (30 min)	<i>Entire Group</i>
3:15 – 4:10 p.m.	Cue Practice 3: Using Cues in a Support Group and Cue Practice Evaluation (55 min)	<i>Entire Group</i>
4:10 – 4:25 p.m.	BREAK	
4:25 – 4:45 p.m.	NAMI 101 (20 min)	<i>Entire Group</i>
4:45 – 5:35 p.m.	Taking it Back Home and Complete Evaluations (50 min)	<i>Entire Group</i>
5:35 – 6:00 p.m.	CLOSE OF TRAINING	<i>Entire Group</i>