

Agenda

- Welcome
- Read
Group Guidelines and Principles of Support
- Check In
(1-2 minute limit. Participation is encouraged, but completely voluntary.)
- 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 interrupting or monopolizing
6. Keep the conversation in the present
7. Empathize with each other's situation

Principles of Support

1. We will see the person first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses can be 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 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 future that is ours to shape.
12. We will never give up hope.

Emotional Stages of Recovery

NAMI is here for you at every stage.

I. Dealing with Catastrophic Events

Crisis/Chaos/Shock
Denial; “Normalizing”
Despair; Detachment

Needs

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

II. Learning to Cope

Anger/Guilt/Resentment
Recognition
Grief

Needs

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

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

Cues Chart

When You Hear:
<ul style="list-style-type: none"> Someone is taking too long for Check In A “downer” meeting needs to be closed on a positive note
<ul style="list-style-type: none"> People talk for too long People can’t stay in the present People are disrespectful or not empathetic
<ul style="list-style-type: none"> A personal issue is a universal one Someone faces “illness” issues over which they have little control Someone/Group is negative or hopeless
<ul style="list-style-type: none"> Someone expresses intense feelings (emotional stages reactions of feeling overwhelmed, anger, grief) Someone breaks down
<ul style="list-style-type: none"> Someone relates a <u>traumatic</u> event (violence, commitment, arrest, restraint, traumatic loss)
<ul style="list-style-type: none"> A basic issue or question can be clarified by the group People start “wallowizing”
<ul style="list-style-type: none"> A discouraged person needs new options to solve a long-standing problem A person with a complicated problem needs to clarify the priority problem

The Structure You Can Use:
<p style="text-align: center;">Agenda</p> <ul style="list-style-type: none"> 1-2 minute time limit for Check In Closing
<p style="text-align: center;">Group Guidelines</p> <ul style="list-style-type: none"> Be respectful (of others’ time) Keep it in the here and now Empathize with each other’s situation
<p style="text-align: center;">Principles of Support</p> <ul style="list-style-type: none"> A universal issue can be connected to a universal goal Get everyone talking about their reflections on these principles A principle can present something we <u>can</u> all strive for
<p style="text-align: center;">Emotional Stages Chart</p> <ul style="list-style-type: none"> Acknowledge that strong emotions fall within the stages “Normalize” the emotion
<p style="text-align: center;">Handling Tough Topics</p> <ul style="list-style-type: none"> A step by step way to address traumatic events and close the discussion on the trauma on a positive note
<p style="text-align: center;">Tapping Group Wisdom</p> <ul style="list-style-type: none"> Provide basic information or helpfl and constructive ideas to group member Share coping suggestions Stop negatives from snowballing
<p style="text-align: center;">Problem Solving</p> <ul style="list-style-type: none"> Moves group members away from what doesn’t work by offering new/different options to approach their problem Helps identify specifics of a problem



Strategies “AID US”

Affirm (Validate)

Inquire (Ask)

Direct (Just *do it*)

Understand (Compassion)

Support (Join)