NAMI Peer Support Group Facilitators are trained NAMI leaders who lead NAMI Recovery Support Groups. They play an important role in ensuring all participants feel welcomed and supported.

NAMI Support Group Facilitators are uniquely qualified to lead support groups because they are going through their own recovery process.

By utilizing NAMI-trained support group methods, they empathize with and encourage those who are just beginning the journey to a renewed life. A NAMI Peer Support Group Facilitator ensures that the group shares responsibility for maintaining guidelines, sustains clear participant boundaries, clarifies goals, and reinforces communication skills that encourage group participation.

Minimum Requirements for Volunteer Facilitators

- Be in solid recovery (*Solid recovery = in a relatively stable place in his/her wellness and ready to assist others by leading support groups using the skills of the NAMI Peer Support Group model*)

- Committed to facilitating Peer Support Groups in his/her community for a minimum of one year

- Actively engaged in maintaining his/her wellness

- Respects his/her own emotional and physical resources and limitations

- As a facilitator, does not act in the capacity of therapist or any other health professional

- Adheres to the integrity of the NAMI Peer Recovery Support Group model. Demonstrates this at each group by utilizing the facilitation tools and skills he/she has been trained by NAMI to provide

- Facilitates each meeting to the best of his/her ability

- When facilitating or attending a group as a participant, conducts him/herself in a respectful manner with courtesy and appropriate behavior

- Willingness to participate in continued development to provide the best support group possible and continually improve facilitator skills

- Respects cultural and lifestyle differences of group participants

- Understands that his/her behaviors reflect on the integrity and perception of NAMI and the programs NAMI offers and, therefore, keeps personal opinions and actions
separate from those made as a NAMI leader

- Is (or willing to become a member of NAMI