NAMI Greater Cleveland
Peer-to-Peer Teacher

NAMI Peer-to-Peer teachers assist in NAMI’s mission of support, education, and advocacy by providing adults living with mental health challenges with recovery-focused support and education designed to aid, achieve, and maintain wellness. This course is taught by trained peers with lived experience. Classes follow a structured educational format that includes opportunity for peer connection and support through learned wisdom and group discussion. Discussions are confidential. Interactive exercises focus on mindfulness and meditation, relapse prevention, and practical coping skills. NAMI Greater Cleveland strongly believes in peer support and we seek qualified candidates for this signature program who have lived experience to draw from.

Minimum Requirements for Volunteer Peer-to-Peer Teachers

- Must be an individual with a mental health condition who identifies themselves in recovery
- Willingness to complete a 6-8 hour online and 2-day in-person training to adhere to the fidelity of the NAMI Peer-to-Peer model
- Maintain participant confidentiality
- Is (or willing to become) a member of NAMI
- Respects his/her own emotional and physical resources and limitations
- As a Peer-to-Peer teacher, does not act in the capacity of therapist or any other health professional
- Adheres to the integrity of the NAMI Peer-to-Peer model. Demonstrates this during the course by utilizing the facilitation tools and skills he/she has been trained by NAMI to provide
- Facilitates each class to the best of his/her ability
- Willingness to participate in continuing development to provide the best education experience 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

Teaching Time commitment

- Commitment to conduct 2 Peer-to-Peer classes within a period of two years
- Willingness/flexibility to travel and teach throughout the Greater Cleveland area
Teacher Qualifications

- Ability to provide group participant data as required
- Positive regard for, or personal experience with Peer-to-Peer classes
- Be a team player as you fulfill this role in coordination with NAMI Greater Cleveland and your co-teacher.
- Be comfortable with reading aloud and speaking to an audience.