



## Overview of the NAMI Signature Support Group Model

In order for a support group to be promoted as a NAMI Connection or NAMI Family Support Group, the following program standards must be met:

- 1) The group is facilitated by two individuals trained and certified in the NAMI Signature Program Support Group Model\*
- 2) Facilitators are either peers with a mental health condition (NAMI Connection) or family members/loved ones of an individual with a mental health condition (NAMI Family Support Group)
- 3) Facilitators follow the 10 Key Points of Support Group Facilitation:
  - Use the Facilitator Guides (have them in hand)
  - Follow the steps on the Facilitator Guides exactly
  - Use an “AID US” strategy when moving to a structure or process
  - Follow the Agenda, Group Guidelines and Principles of Support
  - Show empathy toward group participants and model respect
  - Ensure that the group process remains constructive through use of the model
  - Move the group out of a negative group dynamic when it arises
  - Refrain from giving advice or acting as therapists
  - Refrain from asking the group for help working through their own personal challenges
  - Show fidelity to the support group program model at all times
- 4) There is a resource table for in-person group attendees or a resource handout for on-line group attendees
- 5) The group meets weekly, biweekly or monthly on-line or at a location open to the public
- 6) The group meets for either 60 or 90 minutes
  - 90 minutes – NAMI Connection
  - 60 or 90 minutes – NAMI Family Support Group

The group cannot be called a NAMI Connection or NAMI Family Support Group unless all the standards listed above are followed and the trained facilitators adhere to the NAMI Signature Program Code of Conduct, which includes refraining from:

- Providing interpretations of participant behavior
- Analyzing participant relationships, interactions or responses
- Including religious practices in the support group meeting
- Prohibiting new participants
- Acting in the capacity of mental health professionals

\*The NAMI Signature Support Group training is a two-day training lead by certified state trainers that follows a specific structure and process created by NAMI