

## Facilitator Training Schedule

### Day One

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

## Day Two

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