NAMI MISSOURI’S
FACILITATOR SKILL ONLINE TRAINING SCHEDULE VIA ZOOM

FRIDAY

10:00 – 10:40 a.m. Welcome and Introductions (40 minutes)

10:40 – 11:10 a.m. Introduction to the Model (30 minutes)

11:10 – 11:25 a.m. BREAK (15 minutes)

11:25 a.m. – 12:30 p.m. Demonstration of the Model Support Group (60 minutes)
  Discussion/Feedback (5 minutes)

12:30 – 1:00 p.m. LUNCH (30 minutes)

1:00 – 1:50 p.m. Group Dynamics and Cues and Remedies (50 minutes)

1:50 – 2:35 p.m. Overview of Small Group Training Exercises (5 minutes)
  Understanding the Five Strategies (5 minutes)
  Structure Exercise 2: Strategy Practice (35 minutes)

2:35 – 2:50 p.m. BREAK (15 minutes)

2:50 – 3:40 p.m. Understanding the Agenda Structure (15 Minutes)
  Ad Lib Role Play: Enforcing Time Limit for Check-In Using the Agenda (25 minutes)
  NAMI Signature Program Operating Policies (10 minutes)

3:40 – 4:00 p.m. Day One Evaluations (15 minutes)
**SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
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<tbody>
<tr>
<td>10:00 – 10:05 a.m.</td>
<td>Review Day Two Agenda</td>
<td>5 minutes</td>
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<tr>
<td>10:05 – 10:45 a.m.</td>
<td>Understanding the Group Guidelines</td>
<td>15 minutes</td>
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<td>Group Guidelines Role Play Scripts</td>
<td>25 minutes</td>
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<tr>
<td>10:45 – 11:00 a.m.</td>
<td>BREAK</td>
<td>15 minutes</td>
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<tr>
<td>11:00 – 11:25 a.m.</td>
<td>Ad Lib Role Play: Enforcing Time Limit with Group Guidelines</td>
<td>25 minutes</td>
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<td>11:25 a.m. – 12:30 p.m.</td>
<td>Structure Exercise 3: Principles of Support</td>
<td>45 minutes</td>
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<td>12:30 – 1:00 p.m.</td>
<td>LUNCH</td>
<td>30 minutes</td>
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<td>1:00 – 2:00 p.m.</td>
<td>Structure Exercise 4: Emotional Stages</td>
<td>60 minutes</td>
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<td>2:00 – 2:15 p.m.</td>
<td>BREAK</td>
<td>15 minutes</td>
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<td>2:15 – 2:45 p.m.</td>
<td>Fidelity and Working Together</td>
<td>30 minutes</td>
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<td>2:45 – 3:45 p.m.</td>
<td>Group Process Exercise 1: Handling Hot Potatoes</td>
<td>50 minutes</td>
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<td>NAMI Connection Emergency Procedure Instructions</td>
<td>10 minutes</td>
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<td>3:45 – 4:00 p.m.</td>
<td>Day Two Evaluations</td>
<td>15 minutes</td>
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SUNDAY

10:00 – 10:05 a.m.  Review Day Three Agenda (5 minutes)
10:05 – 11:00 a.m.  Group Process Exercise 2: Tapping Group Wisdom (55 minutes)
11:00 – 11:15 a.m.  BREAK (15 minutes)
11:15 – 12:00 p.m.  Cue Practice 1 (45 minutes)
12:00 – 12:30 p.m.  Cue Practice 2 (30 minutes)
12:30 – 1:00 p.m.   LUNCH (30 minutes)
1:00 – 2:00 p.m.   Cue Practice 3: Using Cues in a NAMI Support Group (55 minutes)
2:00 – 2:30 p.m.   NAMI 101 (20 minutes)
                   Self-Care (5 minutes) (Optional)
                   Self-Affirmations (5 minutes) (Optional)
2:30 – 3:15 p.m.   Taking It Back Home (50 minutes)
3:15 – 3:35 p.m.   Go Over All Handouts (10 minutes) (Alice or Angela)
3:35 - 4:00 p.m.   Day Three Evaluations (15 minutes + 10 minutes to spare)

CLOSE OF TRAINING

Thank You
FOR ATTENDING NAMI MISSOURI’S
NAMI CONNECTION RECOVERY SUPPORT GROUP
FACILITATOR TRAINING
VIA ZOOM!