



NAMI MISSOURI'S FACILITATOR SKILL ONLINE TRAINING SCHEDULE VIA ZOOM

FRIDAY

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| 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

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

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!**