

***WELCOME TO
NAMI CONNECTION RECOVERY SUPPORT GROUP***



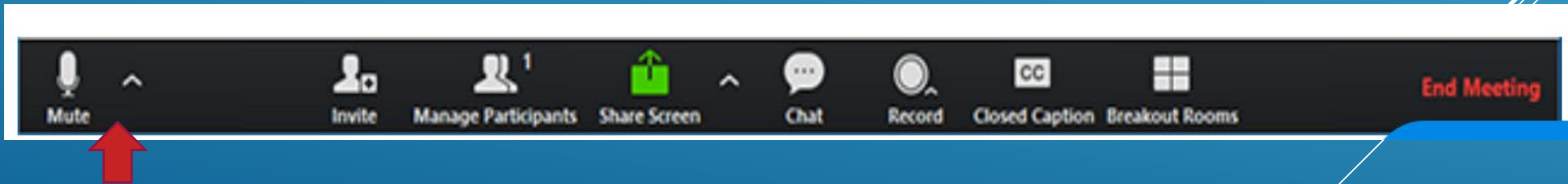
nami Connection

National Alliance on Mental Illness **RECOVERY SUPPORT GROUP**



Getting Started – The Mute Button

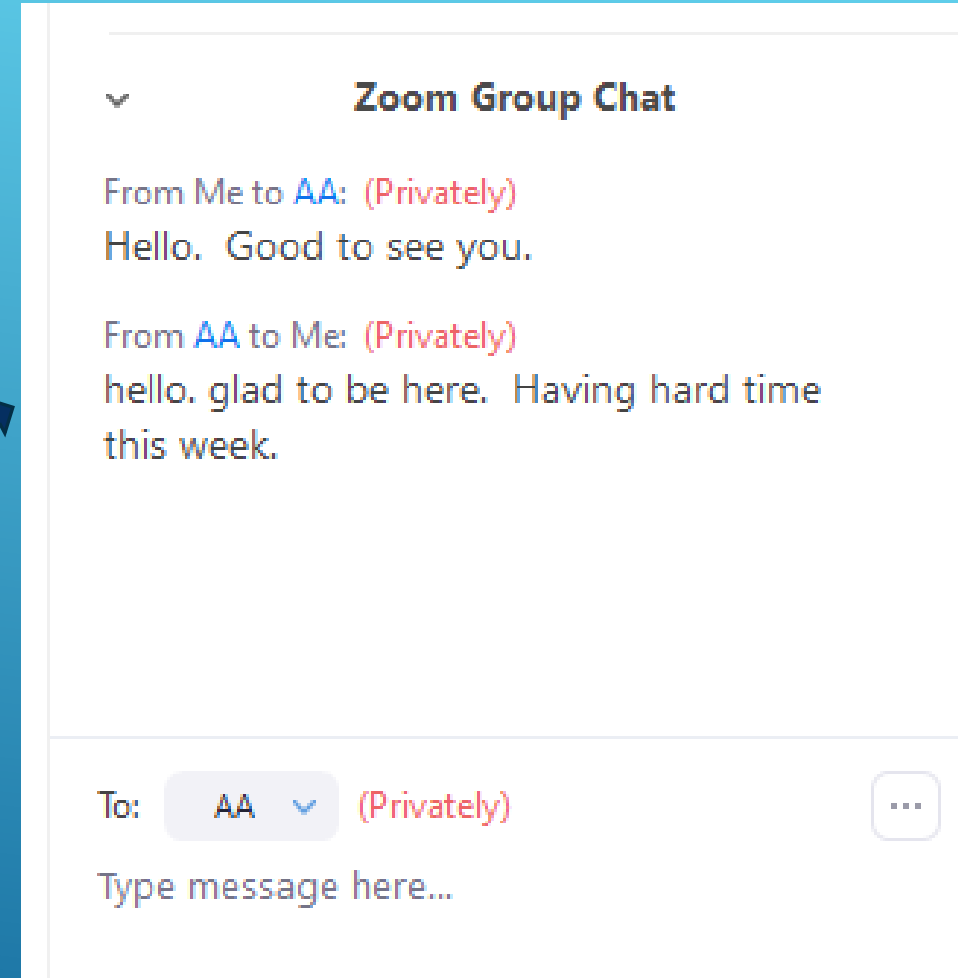
- Before we get started, we'd like to walk through a few things
- This meeting is online and over the phone, we've muted everyone's computer and phone to avoid background noise while someone is talking. You'll be able to unmute yourself when it's time to talk.
- If you're joining us on computer. The mute control is at the bottom of the screen



- If you're on the phone - *6 will mute or unmute your phone.

Using the Chat Box

- If you're signed in and can see the screen, you'll be able to use the Chat Box to type messages.
- You can see it on the right side of your screen.
- If you want to share something with the Facilitators or they want to check-in with you during the group, you'll see a private message here.
- To answer, go to the bottom of the column, type in your message and hit 'enter'.
- Your message will show up in the top box as private.



***Welcome to
NAMI Connection Recovery Support Group***

- How did you find this support group?
- Please keep in mind the resources on the website where you registered and at www.NAMIWisconsin.org.
- This group is for individuals ages 18 and older.

Now let's Read the Group Guidelines.....

Agenda

- Welcome
- Read: Principles and Guidelines
- Check In
(1-2 minute limit)
- Group Discussion
- Closing

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- Please keep in mind the resources on the website where you registered and at www.NAMIWisconsin.org.
- This group is for individuals ages 18 and older.
- Also, please be sure you unmute your phone when you would like to say something.

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NAMI Connection Recovery Support Group

The Group Guidelines tell us how we are going to care for each other in the group. They provide the mutual consideration, acceptance, and protection that are often hard to find in the real world. We will follow these guidelines at each meeting to create the sanctuary and safe place we need.

Group safety and confidentiality are of chief importance in our group. Confidentiality is only broken if someone's safety is at risk. We want the group to know we do have a dual role here, and it is for everyone to feel safe.

What we share and who's participating in this group is confidential. It may not be recorded.

Please protect the privacy/confidentiality of the group. Make sure you are not taking the call in a room with others present who can hear or see the screen.

Now let's read the Principles of Support.....

Group Guidelines

1. Start and stop on time
2. Time limit for Check In
3. Absolute confidentiality
4. Be respectful
5. Be mindful of others; no monopolizing or cross talk
6. Let's keep it in the here and now
7. Empathize with each other's situation

NAMI Connection Recovery Support Group

The Principles of Support represent what we are striving for as we struggle to come to terms with mental illness. This is our belief system regarding universal, necessary truths that guide and strengthen us when life deals us this particular challenge.

Principles of Support

1. We will see the individual first, not the illness.
2. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot solve all problems.
11. We expect a better future in a realistic way.
12. We will never give up hope.

NAMI Connection Recovery Support Group

By a show of hands or by unmuting your phone and saying “Aye”, can we agree to observe these Group Guidelines and accept these principles during this group?

Thank you!

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NAMI Connection Recovery Support Group

CHECK-IN

- We're going to go around the circle and ask you to briefly tell us your name, and what is happening in your life right now.
- We've set a time limit of two minutes each using sand timers, so we will have plenty of time left to talk together.
- I'll be taking a few notes so we make sure to discuss the issues that you all brought today. All notes will be destroyed at the end of the meeting to ensure confidentiality.
- As a reminder, we are on the phone/online and muting helps make it easier for everyone to hear the person speaking.
- **Remember that we have a pass rule; anyone can pass for any reason.**

I'm going to start.

I'll call on you to let you know who's next.

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NAMI Connection Recovery Support Group

GROUP DISCUSSION

How we'll make it work to take turns

- ▶ Un-mute yourself if you would like to talk. (For those on the phone, hit *6)
- ▶ Wait for the facilitator to recognize you
- ▶ When you speak, please state your first name only so those not on the computer can tell who's talking.
- ▶ When you're done, please mute yourself.

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Emotional Stages of Recovery

I. Dealing with Catastrophic Events

Crisis/Chaos/Shock
Denial; "Normalizing"
Hoping against Hope

Needs

Support
Comfort
Empathy for confusion
Help finding resources
Crisis management
Reassurance
Empathy for pain
Permission to be numb
Hope
NAMI

II. Learning to Cope

Anger/Guilt/Resentment
Recognition
Grief

Needs

To permit and vent feelings
To keep hope
Education
Self-care
Networking
Skill training
To let go
To learn the system
Hope
NAMI

III. Moving into Advocacy

Understanding
Acceptance
Advocacy/Action

Needs

To restore balance in life
Responsiveness from the system
To find meaning
A sense of empowerment
Activism
Hope
NAMI

Thank you for your support and for taking the time to be here.



National Alliance on Mental Illness RECOVERY SUPPORT GROUP

NAMI CONNECTION