



NAMI FAMILY TO FAMILY VOLUNTEER TEACHER RESPONSIBILITIES AND DUTIES

NAMI Family to Family teachers assist in NAMI's mission of support, education and advocacy by providing family members and friends of adults living with mental illness with information, communication and problem-solving skills. Teachers network with peers to better support and advocate for their loved ones. NAMI Valley of the Sun strongly believes in peer support and we seek candidates who have the lived experience of being a caregiver to draw from in supporting and guiding this education course.

Teachers will be expected to:

- Teach the twelve-session course twice in two years following your certification training. Volunteers are welcomed and encouraged to stay involved, if so desired, beyond the two-course requirement.
- Maintain the confidentiality of the course participants.
- Work in coordination with the local NAMI affiliate offering the course.
- Maintain current NAMI membership while teaching.
- Maintain fidelity to the program, as it is designed.

Time commitment: While preparing for and teaching a course, anticipate devoting 4 hours weekly for a 3-month period to the success of the course. This includes 2 ½ hours of teaching, plus lesson review before the class and room set-up and tear-down. We must leave our borrowed facilities in the same condition we found them.

Desired abilities, skills and experience:

- Be a family member/personal caregiver of a person with a mental health condition.
- Be at a point in your loved one's illness to have the time to commit to a volunteer role and bring attention and compassion to the course and its participants.
- Be at a point in your loved one's illness to be able to speak openly and honestly about your experiences.
- Be supportive of NAMI's components and definition of Recovery.
- Be a team player as you fulfill this role in coordination with your local NAMI Affiliate and co-teacher.
- Be willing to adhere to the fidelity of the NAMI Family to Family teaching model.
- Be comfortable with reading aloud and speaking to an audience.

Benefits of Volunteering:

- Volunteers are provided teacher training and supplies at no cost.
- Volunteers have the opportunity to give hope and direction to families struggling to understand and support their loved one's living with mental illness.
- Volunteers have the opportunity to engage with peers for personal growth and support.