

**NAMI MO FAMILY SUPPORT GROUP
 FACILITATOR SKILL TRAINING WORKSHOP
 Best Western Capital Inn – Jefferson City, MO
 August 25 & 26, 2018**

SATURDAY

8:00 – 9:00 a.m.	Breakfast	
9:00 – 10:00 a.m.	Welcome & Introduction	
10:00 – 10:30 a.m.	Introduction to the Model	ENTIRE GROUP
10:30 -10:45 a.m.	BREAK	
10:45 – 12:00 p.m.	Support Group Model Demonstration And Discussion	ENTIRE GROUP
12:00 – 1:00 pm	LUNCH	
1:00 – 1:50 p.m.	Group Dynamics and Cues & Remedies	ENTIRE GROUP
1:50 – 2:05 p.m.	BREAK	
2:05 – 3:30 p.m.	Overview of Small Group Training Exercises Understanding the Five Strategies Structure Exercise 2: Strategy Practice Understanding the Agenda Structure Ad Lib Role Play: Enforcing Time Limit for Check In Using the Agenda	SMALL GROUPS
3:30 – 3:45 p.m.	BREAK	
3:45 – 4:50 p.m.	Understanding the Group Guidelines Group Guidelines Role Play Scripts Ad Lib Role Play: Enforcing Time Limit With Group Guidelines	SMALL GROUPS
4:50 – 5:05 p.m.	BREAK	
5:05- 5:50 p.m.	Structure Exercise 3: Principles of Support	SMALL GROUPS
5:50 – 6:00 p.m.	Day One Evaluations and NAMI Signature Program Operating Policies	ENTIRE GROUP
6:00 p.m.	DINNER	

SUNDAY

8:00 – 9:00 a.m.	BREAKFAST	
9:00 – 9:15 a.m.	Review Day Two Agenda	
9:15 – 10:15 a.m.	Structure Exercise 4: Emotional Stages & Evaluations	SMALL GROUPS
10:15-10:30 a.m.	BREAK	
10:30 – 11:00 a.m.	Fidelity and Working Together	ENTIRE GROUP
11:00 – 11:05 a.m.	Optional Post-Training Unit Discussion: Self-Care	ENTIRE GROUP
11:05 –11:10 a.m.	Optional Post-Training Unit Discussion:Self-Affirmations	ENTIRE GROUP
11:10 – 12:00 p.m.	Group Process Exercise 1: Hot Potatoes	SMALL GROUPS
12:00 – 12:10 p.m.	NAMI Family Support Group Emergency Procedure Instructions & Hot Potatoes Evaluation	SMALL GROUPS
12:10 – 1:00 p.m.	LUNCH	
1:00 – 1:55 p.m.	Group Process Exercise 2: Group Wisdom and Group Process Exercise Evaluation	SMALL GROUPS
1:55 – 2:00 p.m.	BREAK	
2:00 – 2:45 p.m.	Cue Practice 1	ENTIRE GROUP
2:45 – 3:15 p.m.	Cue Practice 2	ENTIRE GROUP
3:15 – 4:10 p.m.	Cue Practice 3: Using Cues in a Support Group and Cue Practice Evaluation	ENTIRE GROUP
4:10 – 4:25 p.m.	BREAK	
4:25 – 4:45 p.m.	NAMI 101	ENTIRE GROUP
4:45 – 5:35 p.m.	Taking it Back Home & Complete Evaluations	ENTIRE GROUP
5:35 – 6:00 p.m.	CLOSE OF TRAINING	