

## **VOLUNTEER POSTION DESCRIPTION**

**Volunteer Position Title:** Support Group Leader

**Location:** Virtual and/or In-Person

**Commitment:** Facilitate meetings at least once or twice a month. Attend quarterly support group leader meetings.

**Mission:** NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education, and advocacy.

### **Position Summary:**

NAMI New Hampshire offers a variety of support groups in communities across the state as well as virtually. Support groups help people connect with others who have similar experiences to learn new coping skills and share successes and strategies.

Support Group Leaders are adults with lived experience who have been trained and certified by NAMI NH to facilitate a NAMI NH support group. Support Group Leaders will co-facilitate the group with another qualified volunteer and are responsible for notifying participants of upcoming meetings and any changes to meeting dates/times/location, facilitating the meetings according to NAMI National standards and guidelines and reporting on the number of participants at each meeting.

Benefits: As a Support Group Leader you will share your experiences and messages of hope to support individuals who are struggling and show them that they are not alone. You have an opportunity to move from a place of need to a place of advocacy and support within the NH communities. The free NAMI training experience will strengthen participant leadership and presentation skills while building new relationships with others with similar lived experiences.

### **Desired Skills and Experience:**

- Must have lived experience:
  - **For Family Support Group Leader**, with an adult loved one with mental illness.
  - **For Co-Occurring Support Group Leader**, with a loved one with mental illness and substance use challenges.
  - **For Parent Support Group Leader**, with a loved one whose mental health challenges began as a child, preferably before age 13.
  - **For Early Psychosis Support Group Leader**, with a loved one who experienced First Episode Psychosis.
  - **For Connection Support Group Leader**, as someone who experiences and is in recovery from their own mental health challenges.
- Must have participated in at least 2 different NAMI NH support groups and agree to keep fidelity to the NAMI support group model.
- Must be welcoming, empathetic, supportive, a good listener, and non-judgmental.
- Must be comfortable handling sensitive and potentially triggering topics.
- Must be reliable and communicate well.
- Zoom experience preferred.
- Recommendation from a Support Group Leader or education program leader preferred.
- Must be committed to NAMI NH's mission, values and volunteer policies

**Physical demands:** While performing the duties of this role, it is regularly required to talk or hear along with occasional standing. Must be comfortable in a small room. Accommodations may be available.

**Screening process:**

- Complete a volunteer application
- Meet with the NAMI NH Volunteer Program Supervisor
- Meet with a NAMI NH Support Group State Trainer
- Successfully complete the two-day Support Group Leader training
- Complete a background check.

**Diversity:** At NAMI NH, we believe a diverse, inclusive and equitable organization is one where all employees, volunteers and members — regardless of gender, race, gender identity, ethnicity, national origin, age, sexual orientation, education, disability, veteran status or other dimension of diversity — feel valued and respected.