

## **VOLUNTEER POSTION DESCRIPTION**

**Volunteer Position Title:** Education Program Leader (NAMI Family-to-Family, Basics, or Peer-to-Peer)

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

**Commitment:** One to two times per year co-lead a multi-session weekly class. Attend NAMI NH Volunteer Quarterly meetings and other meetings/trainings related to the role.

**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 Signature educational programs are structured to provide participants with a relaxed, trusting and safe environment where they can develop the insight, skills and understanding needed to live with a mental illness or support the recovery of a loved one with mental illness. Programs are led by two leaders, with a third volunteer for online offerings.

As an Education Program Leader, you will share your experiences and messages of hope to help support individuals and show them that they are not alone, while helping to empower participants.

Benefits: As an Education Program 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. Through your leadership, 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 **NAMI Family-to-Family**, with an adult loved one (family member, significant other, friend) with a mental illness.
  - For **NAMI Basics**, as a parent or caregiver to a child who experienced symptoms of a mental health condition before the age of 13.
  - For **NAMI Peer-to-Peer**, as someone who experiences and is in recovery from a mental health condition.
- Must have participated in and completed the class you hope to teach.
- Must be comfortable reading out loud to participants.
- Must be comfortable handling sensitive and potentially triggering topics like self-harm, stigma, etc.
- Must be empathetic, supportive, a good listener, and non-judgmental.
- Must be reliable and a good communicator.
- Preferred experience with Zoom.
- Preferred recommendation from an Education Program Leader.
- Must be committed to NAMI NH's mission, values and volunteer policies.

**Physical demands:** While performing the duties of this role, volunteers are 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 at <https://www.naminh.org/volunteer/>
- Meet with the NAMI NH Volunteer Program Manager
- Meet with a NAMI NH State Trainer *or* a NAMI NH Staff Program Coordinator
- Successfully complete the two-day Education Program 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.