

# Agenda

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

# 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. Keep it in the here and now
7. Empathize with each other's situation

# 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.

# 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