

## **Position title: Peer Support Support Group Intern**

### About NAMI

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization helping families and individuals affected by mental health conditions build better lives through education, support, and advocacy. Our mission is to decrease stigma, educate communities, and help people find the support they need.

### Position Summary

We are looking for an empathetic individual who can help us grow our Family Support Groups. Groups provide knowledge and understanding and an opportunity for families and caregivers of individuals with mental illness to share experiences. Groups are led by NAMI-trained volunteers/Interns with extensive personal experience coping with mental illnesses and its impact on families and loved ones. We are looking for assistance with the following groups:

- Family & Loved Ones Group
- Support for Black & African American Families and Loved Ones
- Cantonese Language Family Support
- Support for Black, Indigenous, People of Color Families and Loved Ones
- Support for Adult Children
- Siblings Support Group
- Support for Parents and Caregivers of Teens & Young Adults

This internship is unpaid. This intern reports to the Peer Services Director.

### Schedule and Location

Minimum 5 hours per week. Schedule dependent on interns' availability. Work is currently being done remotely. There will be opportunities for in-person work. We are happy to work with you to help fulfill any volunteer or academic program requirements.

### Qualifications

- Must identify as a family member, friend, or caregiver of an individual with a mental health condition.
- Must be willing to attend 2 support groups as a participant before acceptance of the internship position.
- Must be willing to take additional trainings to learn about NAMI, Support group model, community resources, and communication techniques for systems navigation once selected for the internship.

### Responsibilities

- Co-facilitate at least 3 90-minute Zoom or in-person Support Groups a month
- Creating a collaborative space to support community members caring for a loved one struggling with a mental health condition
- Attend Family Support Group Leaders Meetings
- Some hours outside of the group (2-4 hours a month) may be used to assist group participants in connecting to other community supports

### Knowledge, Skills, and Experience

- Passion for mental health
- Comfortable hosting zoom meetings, including screen sharing.
- Experience with online platforms including Google Workspace: Drive, Calendar, Meet, Sheets, Docs, Slides, etc.
- Strong communication skills
- Strong empathy and listening skills
- Ability to balance tasks simultaneously and meet deadlines
- Ability to work well with others

### Benefits

- Set your own schedule and work remotely
- We are very interested in supporting our interns in their career development and will work with you to build skills in your interest area
- Flexible hours meet any school requirements
- We are a small and dynamic team that promotes a supportive work environment and encourages creativity
- Learn how non-profits operate and support groups run
- Join a community of passionate people and help improve the lives of those affected by mental health conditions!

To apply please send resume and cover letter to:

Simone Baggetto

Peer Services Program Director

Simoneb@namisf.org