



## Teacher Application and Agreement

**NAMI Basics** is a signature education program for parents and other caregivers of children and adolescents living with mental illnesses. It focuses on the fundamentals of caring for the parent or caregiver, others in the family, and the child living with mental illness.

**Who** can be a NAMI Basics Teacher? Prospective teachers must be a parent or other primary caregiver of an individual who exhibited mental illness symptoms prior to the age of 13 (the formal diagnosis may have been made years later, but symptoms appeared prior to the age 13). Ideally will have taken the NAMI Basics course, but this is not a requirement. Successful teachers are good listeners with an empathetic ear. Must be at least 18 years old.

**What will I learn** from the training? Participants will learn the necessary skills to conduct an effective 6-week course in your community. Topics covered in the training include recognizing mental illness as a continuing traumatic event for the child and the family; facing the emotional issues and objective burdens faced by family caregivers and others in the family; gaining confidence and stamina to foster family understanding and support; and empowering family caregivers as effective advocates for their children. The class uses a guided group process to help families gain practical insight, obtain important information about research and resiliency, and increase their emotional learning skills.

**How long** is the training? Basics Training is held over two to three days, typically starting at 3pm on Friday and ending Sunday afternoon. To become a certified NAMI Basics Teacher you must attend the entire training.

**What is required** of me after I take the training? In addition to adhering to NAMI policies and teaching the class as prescribed, by taking this teacher training you are committing to co-teaching two Basics classes over a 24-month period in coordination with your local NAMI affiliate. You will be required to provide your affiliate with specific attendance data for reporting to National and State NAMI Education Data tracking.

**Logistical information:** NAMI NC covers the cost of materials, manuals, and lunches during the training for all participants. For participants who are not local to the training area, double occupancy hotel rooms will also be provided. If you require single occupancy, arrangements will need to be made prior to the training by the attendee and there will be additional costs which will be the responsibility of the attendee. NAMI NC does not cover the cost of mileage to get to the training site/hotel, nor does it cover the cost of any hotel incidentals (i.e. room service, room upgrades, movies ordered, etc.) Training dates and locations are listed on the NAMI NC website at <https://naminc.org/programs/classes/programtrainingcalendar/> For additional questions, please call 919.788.0801 or e-mail [programs@naminc.org](mailto:programs@naminc.org)



## Teacher Application and Agreement

Date \_\_\_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Mobile: \_\_\_\_\_ Work: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Military Status (please check):  Active  Vet  Other \_\_\_\_\_

What language(s) do you speak fluently? \_\_\_\_\_

Your NAMI Local Affiliate: \_\_\_\_\_ President Name: \_\_\_\_\_

Do you have the support of your local affiliate President? \_\_\_\_\_

Are you a member of NAMI?  Yes  No

If not, are you willing to join?  Yes  No

Are you a parent or direct caregiver of an individual who developed system of mental illness before the age of 13 (child may not have received a diagnosis by that time)?  Yes  No

What is the current age of this individual? \_\_\_\_\_

Has he/she been given a diagnosis?  Yes  No If yes, what is the most current diagnosis?

\_\_\_\_\_

How long has this person shown symptoms of living with mental illness? \_\_\_\_\_

Please tell us why you want to be a Basics Teacher:

---

---

---

---

---

---

---

---

---

---

Should you be selected to participate in training, do you have any special dietary or physical accommodations that we should be aware of? If so, please specify: \_\_\_\_\_

This training begins on Friday morning. Those who live more than 30 miles away are provided lodging and are welcome to arrive on Thursday evening. Please complete the following information:

NAMI NC will try to accommodate roommate requests (check one):

I would like to room with: \_\_\_\_\_

I need a roommate.

My gender is: \_\_\_\_\_

I would like a single room and understand that I, the attendee, will be responsible for the additional cost associated with the single room and will be billed by NAMI NC.

Comments: \_\_\_\_\_

Do you have a co-teacher in mind?  Yes  No If yes, who? \_\_\_\_\_

Do you know where you want to teach?  Yes  No If yes, where? \_\_\_\_\_

#### BASICS TEACHER REQUIREMENTS:

- ✓ Must be a NAMI Member and a parent or other primary caregiver of an individual who exhibited mental illness symptoms prior to the age of 13.
- ✓ Willing to adhere to NAMI policies and to teach BASICS according to the approved curriculum, which includes having a co-teacher for each class.
- ✓ Committed to teaching BASICS within 6 months of training.
- ✓ Committed to teaching 2 classes over a 2-year period.
- ✓ Must be at least 18 years old.
- ✓ Willing to communicate with NAMI NC state office as requested.
- ✓ Willing and able to provide group participant data/reporting to NAMI NC as required.
- ✓ Willing to identify potential new teachers from your classes.
- ✓ Keep NAMI membership up to date and encourage participants to become NAMI members.
- ✓ Coordinate classes with local affiliate leaders.
- ✓ Must have positive regard for, or personal experience with, mutual support.

#### AGREEMENTS:

It is important that you understand the requirements of the position and have a commitment to this role. Please review the following and indicate your agreement by initialing and signing where indicated.

1. I have read and understand the BASICS Teacher requirements above. \_\_\_\_\_(initial)

