



VOLUNTEER APPLICATION

Date: _____

Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____

Relationship to Mental Illness: (optional)

- Parent Spouse Sibling Child Professional Self Other

AVAILABILITY: List the days of the week and the times that you are most available:

Table with 8 columns (Mon-Sun) and 3 rows (Morning, Afternoon, Evening) containing checkboxes for availability.

AREAS OF INTEREST

Please indicate your interests and skills. Opportunities are not limited to those listed.

Two horizontal dashed lines for handwritten notes.

- Class and resources literature assistance, inventories, library
Community outreach: stuff envelopes, distribute brochures, posters and flyers
Computer data entry
Decorations for meetings and events
Facilitators or Peer Mentor for groups and classes
Letters to newspapers, legislators
Mailings, publicity, development, marketing assistance
Newsletter contributing/editing
Participation in planning committees
Photography

- Sell ads for the Walk Program Booklet
Set up or tear down for meetings and events
Website development and maintenance

In addition to other roles mentioned, we need help in these areas on the date of the walk:

- Set up
Refreshment workers
Registration
Finish-line greeter
Tear down and clean up

Walk Volunteer: T-shirt size: _____

The **National Alliance on Mental Illness of McHenry County** (NAMI McHenry County) is a non-profit, volunteer-based organization dedicated to improving the lives of people who are affected by mental illness. We offer an array of free programs and services, including self-help groups, family and community education, and advocacy.

NAMI McHenry County is an affiliate of NAMI, a non-profit organization with more than 210,000 members in all fifty states. NAMI McHenry County support and education programs are organized by our volunteer staff, who are specially trained and certified. There is no fee to participate.

We hope that you will join us for one of the many opportunities we offer. You will find support in an atmosphere of mutual respect and understanding of what you confront when you or someone you love has a mental illness. We understand, because we have experienced it ourselves and joyfully share what we have learned with you.

With NAMI, ***you are not alone.***

These support and education programs are offered free to the McHenry County community.

For the community

- General Education and Support Meeting at 7 PM on the 3rd Thursday of every month.
 - Education hour is a different topic or speaker each month. Examples of presentations are
 - Trauma and PTSD
 - Court Appointed Special Advocates
 - Wellness Recovery Action Plan (WRAP)
 - Support hour is one or more groups based on the interests of those present.
- Community education presentations and workshops throughout the year. If you would like a representative from NAMI McHenry County to speak to your local church or organization, please call the NAMI McHenry County office at (815) 344-8300, or E-mail cratchford@sbcglobal.net

For those diagnosed with a mental illness

- Connection Recovery Support Group is a 90-minute group run by persons who live with mental illness for persons who also live with mental illness of any diagnosis, and is held at different times and locations throughout McHenry County.
- Peer-to-Peer is a 10-week course for consumers. It covers individual relapse prevention, debriefing/storytelling, and an advance directive for psychiatric care.

For family and friends of adults

- Family-to-Family is a 12-week course for family caregivers of individuals with severe mental illness that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

For caregivers of children and adolescents

- Basics is a new, 6-week education program for parents and other caregivers of children and adolescents living with mental illness which contains basic information that parents most need to help their child.
- Visions for Tomorrow is a 12-week course for parents and other caregivers of children and adolescents living with mental illness. Learn how the brain develops, how these illnesses occur, and ways to help both you and your child cope with and live effectively with a diagnosis.

For educators

- Parents and Teachers as Allies is a 2-hour, in-service program focused on helping school professionals and families within the school community better understand the early warning signs of mental illness in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services

If you or a loved one is in a crisis situation, call the 24-hour McHenry County Crisis Line at 1-800-892-8900