



National Alliance on Mental Illness

NAMI Boulder County

Serving Boulder and Broomfield Counties

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NAMI BOULDER COUNTY VOLUNTEER OPPORTUNITIES

Membership coordinator: This person processes membership checks and maintains the membership database. Currently, the membership list is kept in Excel and updates are processed manually and sent to NAMI national and NAMI Colorado. Ideally, we would like someone who could learn the new Web-based system that NAMI national maintains. This work can be done at home or in the NAMI Boulder office and takes about 15 hours a month.

Family-to-Family (F2F) facilitator: F2F is our free, 12-week (2½ hours each week), educational course for family members who have a loved one with a mental illness. Facilitators must have taken the 12-week educational course and then a weekend train-the-trainers program. Facilitators commit to leading two 12-week classes.

Colorado Visions facilitator: Visions is our free, 5-week (2½ hours each week) class for family members and caretakers of children and adolescents with a mental illness. The trainers must have taken the 5-week course and then a weekend train-the-trainers program. This educational program helps people understand mental illness and how to deal with the school system. A person commits to leading two 5-week classes.

Crisis Intervention Team (CIT) Training: CIT is a law enforcement officers' training. They learn about mental illness and how to de-escalate crisis situations that involve people with a mental illness. NAMI Boulder does an exercise with the officers (to help them understand the difficulties a person with a mental illness has in communicating), provides a lunch one day, and has family members tell their stories. Before participating, you would observe the various activities the officers' go through in this one-week, 40-hour course, which is conducted four times a year.

Staff a 9Health Fair table: NAMI Boulder is invited to various 9Health Fair locations each year in April. Two people are assigned to each session of 3 hours (one with previous experience). Information on NAMI and mental illness are shared with interested parties.

(turn page for more opportunities)

Staff a table at the Farmers' Market: During the summer and fall, NAMI Boulder sets up a table at the Boulder Farmers' Market on selected Wednesdays and Saturdays. For 2 hours at a time, two people (one with previous experience) talk to people and pass out information on NAMI and mental illness.

Help with the NAMI Walk: Each year NAMI Colorado coordinates a walk to help NAMI Colorado and its affiliates raise money for their programs and to help reduce stigma. There are endless opportunities, from donating a few hours the day of the walk to leading various committees over several months' time frame.

Serve as a board member: Become a board member and help lead NAMI Boulder. The board meets once a month. We evaluate and keep existing programs going, work on new programs, set budgets, and lots more.

Advocate for fairer laws: NAMI Colorado's advocacy committee evaluates bills being voted on by the Colorado legislature that have to do with mental illness and makes recommendations to the NAMI Colorado board on which bills to support. Members may be asked to write letters or testify in subcommittee meetings. Members also establish relationships with their local representatives.

Assist with outreach to faith communities: This committee works on educating the clergy of all faiths and denominations about mental illness and educates them on how to better help members of their congregation who have a mental illness and their families. Help plan conferences and events.

Write newsletter articles: Our newsletter is published quarterly. Contribute an article, poem or book review or write a regular column on topics related to mental illness.

Update the Web site: Updating our Web site requires knowledge of html coding and graphics software. Updates require about 2 hours in a typical month. Please see our Web site at www.namibouldercounty.org.

To discuss any of the opportunities, please leave a message at 303-443-4591 or send an email to info@namibouldercounty.org.