

## **VOLUNTEER ROLES**

**Volunteer roles are based on requirements and training is needed for some positions.**

### **Advocacy**

Telephone tree call directly and/or coordinate other to solicit legislators' support of legislation or other initiatives supports by NAMI  
Participate in annual trip to Annapolis and/or Washington, DC. to meet with legislators  
Join Public Policy Committee of the Board  
Teach SMARTS (advocacy training)

### **Education**

Teachers:

- \*Basic (2 teachers per class)
- \*Family to Family (2 teachers per class)
- \*Peer to Peer (2 mentors and 1 volunteer per class)

Presenters:

Tell your story – as a family member or friend of someone living with a mental illness  
Tell your story – as a person living with a mental illness  
Presentations\*

### **Faith Outreach**

Arrange meetings between NAMI and your faith community  
Join Faith Outreach Committee of the Board  
Help arrange presentation with churches  
Coordinate awareness events

### **Fundraising**

Attend Restaurant Nights  
Gift wrap for donations at holiday times  
Be a NAMIWalk walker (once a year)  
NAMIWalk volunteer on the day of the event- registration, etc.  
Help with special event helpers: Annual Fundraiser tickets sales, food runner, etc.  
Join the Fundraising Strategic Committee of the Board  
Join special events workgroups – plan and conduct events to raise funds  
Be a NAMIWalk team captain (once a year)  
Solicit for financial support, donated items or other needs (occasional)

## **General**

Become a member of NAMI  
Office helper (once a week -2/3 hours)  
Writers/social media /bloggers articles for newsletters, website, etc. (occasional)  
Serve on the Board of Directors\* & chair or participate in other Committee of the Board  
Serve on the Finance Committee of the Board  
Serve on the Nominating Committee of the Board  
Serve on the Governance Committee of the Board  
Serve on the Volunteer Management Committee of the Board

## **Outreach**

Staff NAMI info table at community fairs  
Deliver and/or post marketing materials

## **Research**

Grant opportunities  
Materials about mental illness/potential speakers for Education Forums

**Sunday Supper** is a social opportunity for adults living with mental illness. The gathering begins at 3 p.m. once a month on Sunday at the Florence Bain Senior Center.

Help put on dinners with community partners (once a month, ~3 hours)  
Drivers: pick up and return participants from their homes (once a month, 3 hours)  
Serve as Sunday Supper Coordinator

## **Support\***

Facilitators:  
Family Support Group  
Parent Support Group  
Transition Aged Youth (TAY) Support Group  
Connections

## **Technology**

Assist with office updates  
Website  
Troubleshoot problems  
Increase effectiveness, etc.

## **Special Skills:**

Grant Writing  
Public Speaking  
Data Entry  
Microsoft Access database  
Multilingual – besides English, can also read and write \_\_\_\_\_

**\*Must to be a member of NAMI HC**