

## **VOLUNTEER FAMILY CONNECTIONS LEADERS ROLE**

Once our kind volunteers have done the two-day comprehensive Family Connections Leaders (FCL) training they are able to deliver the program in their local area.

Family Connections is always delivered in pairs, so that you have two trained FCL's per group. FCL's are either Mental Health Professionals or Carers/Family Members of those with BPD. It is preferable that a team consists of a Mental Health Professional and a Carer, especially when you are newly trained leader. You can come with the training with someone you have already agreed to partner with, or NEA BPD Aust can allocate you a partner if needed. All leaders have completed the training prior to running their first group.

The commitment as a volunteer FCL is in delivering the program which is two hours group session once a week for 12 weeks, groups can be run during business hours (although often these are harder to fill). FCL find a venue and help to advertise their group, however as much support as you need is also given by NEA BPD Aust, through the National Manager of Family Connections. All resources including Teaching notes, participant notes, videos, power point presentations, additional readings and videos etc are provided. Trained FCL has access to the FCL Page on our website. Outside of group you may spend 1-2 hours per week reading through the material for delivery and fine tuning the FC program for your local area and to meet the group's needs.

The conditions under which Australia was gifted the Family Connections program from NEA BPD US, is that the program **MUST** be delivered for free to participants and FCL cannot charge participants for coming. That is why all those involved donate their time. Some professionals deliver the program during their work hours, and this is considered their organisation gifting the clinicians time to the program, and again no fees are charged to participants.

You are also able to join in the FCL Call In Sessions - these are run by NEA BPD in the US and any FCL can all in to listen to the seminar, which occurs monthly. The topics covered are all on those issues that may be discussed during a FC program. They are very informative and a great opportunity for learning from the world's leading experts in BPD.

It is a very rewarding role to be a FCL, to see people grow and learn new skills that empower them and give them hope for the future is great to be part of.

I hope the above information gives you an understanding of the Family Connections program and the role of Family Connections Leaders. If you have any further questions, please do not hesitate to contact me again.

Kind regards

Natalie Malcolmson  
National Manager Family Connections