

Below is a chart showing the relationships of NAMI's core Support and Education programs. The programs are shown connected to symbolize the positive effect of having adjacent programs in place within the same group (NAMI Chapter/Affiliate).

- Conducting an education class where you are holding support groups meetings tends to reinforce each group. Class graduates tend to continue to go to the support groups, and newcomers to the support groups fill up the classes creating a cyclic effect.
- Having consumer programs in concert with family programs, and vice versa, also reinforce each other. Where there are consumer programs for their loved ones, family members tend to attend more frequently and longer term. Having family programs similarly increases consumer participation.

Greater participation by consumers has a direct benefit to the consumer. Greater participation by the family member has been shown to reduce relapse and re-hospitalization 5 fold. It is for these reasons that NAMI Georgia strongly encourages every group to conduct ALL four programs

	Consumer	Family
Support Groups	<p><b>NAMI Connections</b></p> <p>Trainers (Trained) ↓ Facilitators (Trained) ↓ Meeting Attendees</p> <p>Weekly 1½ hr mtgs</p>	<p><b>Family Support Group</b></p> <p>Trainers (Trained) ↓ Facilitators (Trained) ↓ Meeting Attendees</p> <p>Weekly 1½ hr mtgs</p>
Education Classes	<p><b>Peer to Peer</b></p> <p>Trainers (Trained) ↓ Mentors (Trained) ↓ Class Attendees (Certificate of Completion)</p> <p>9 Week Course</p>	<p><b>Family to Family</b></p> <p>Trainers (Trained) ↓ Teachers (Trained) ↓ Class Attendees (Certificate of Completion)</p> <p>12 Week Course</p>