LFA YOUTH SUPPORT GROUP
Facilitator Training
Running a LFA Youth Support Group Is As Easy As P.I.E.

- Preparation
- Implementation
- Evaluation
What is the Purpose of a LFA Youth Support Group?

To provide an atmosphere for sharing feelings, hopes and concerns. To promote effective education about Lupus, and to provide a positive social experience.
5 Issues Children Need to Succeed

- Caring Adults
- Safe Places
- Healthy, Positive Starts to Their Issues
- An Effective Education Process
- An Opportunity to Help Others
What is a LFA Support Group?

Ideally, a Support Group is a peer group made up of:
- Children & 'Tweens
- Young Adults
Education and Support through Sharing

- As a facilitator, how can you promote a CARING-SAFE-HEALTHY-EDUCATIONAL-OPPORTUNITY TO HELP OTHERS

To the Young People who come to your Group?
Who are the Beneficiaries of Lupus Support Groups?

- Members of the group with Lupus
- Family members
- Friends & Classmates
- Healthcare professionals
Lupus Youth Support Groups Are Not . . .

- Professional counseling or therapy
- A replacement for medical consultation
- A cure
- For everyone

Importantly, also, not a replacement for Parenting
Lupus Youth Support Groups Are.

- A place to share experiences
- A place to ask questions
- A place to learn, share and help others
- A place where individual differences and confidentiality are respected
- A place for a positive social experience with others who share a common illness.
P = Preparation

- Meeting Frequency and Duration
- Location
- Content
- Facilitator Presentation Skills
When you are Selecting a Location …

- What logistical factors should be considered?
- What are some options?
Meeting Topics For Young People

- Potential Meeting Topics
  - Write five specific meeting topics
Stimulating Discussions

Small Group Learning Activity

- Select a topic
  - Write 5 questions to stimulate discussions
What makes an Effective Facilitator?

- Qualities of an Effective Facilitator
  - Write as many qualities as you can.
What are Inappropriate Facilitator Actions?

- Being too passive or over emotional
- Lecturing or being patronizing
- Inappropriately handling others’ emotions
- Answering too quickly or attempting to persuade
- Insisting on being right or authoritative
- Providing unrealistic reassurance
I = Implementation

- Meeting Formats
- Potential Challenges
- Interaction
What Should you do … ?

- Before
- During
- After
“Ground Rules”

- Model
  - Confidentiality
  - Appropriate Feelings
  - Own Experience
  - Caring Network

- Avoid
  - Judgment
  - Side Conversations
  - Advice Giving
  - Excessive Negativity
What can Facilitator’s do to Protect Confidentiality?

- Examples
Sample Meeting Format

- Opening and Names
- Ground Rules and Confidentiality
- Health and Relaxation Exercise
- Education Related to Topic
- Group Discussion and Sharing
- Topics for Next Meeting
- Thank You
Effective Facilitator Skills

- Open Up Discussion
- Broaden Participation
- Limit Participation
- Focus the Discussion
- Help the Group Move Along
- Group Evaluation
Ways Facilitators Can Effectively Deal with “Challenging Behavior”

- Aggressiveness
- Blocking
- Self-Confessing
- Competing
- Seeking Sympathy
- Special Pleading
- Horsing Around
- Seeking Recognition
- Withdrawing
Group Facilitation

Learning Application Activity

Create a skit demonstrating specific effective facilitation skills while dealing with a challenging participant
Role Playing

Learning Application Activity

- Break into Groups
- Choose Group Facilitator
- Have at least One Challenging Participant
  - Trade Roles
E = Evaluation

- Evaluate Your Efforts
Individual Evaluation

- What questions should you ask yourself to evaluate your effectiveness as a facilitator?
Contemplated Evaluation

Learning Activity

- “Questions to Consider” Handout
  - Discuss your answers in small groups
Resources

- **LFA, Support Group Manual**
  - Policies, Procedures, & Forms
- **LFA Greater Cleveland Chapter**
  - [www.lupuscleveland.org](http://www.lupuscleveland.org)
  - 888-no-lupus (1-888-665-8787)
- **Childrens Publications**
  - Available through LFA
Easy As P.I.E.

- Questions and Answers
  - Are you Prepared to Implement and Evaluate?
THANK YOU FOR YOUR EFFORTS ON BEHALF OF ALL CHILDREN AFFECTED BY LUPUS