

# Natural Helpers® Leader Training



## Overview

Michigan 4-H Youth Development provides adults with training so that they can become Natural Helpers leaders.

During the leader training, you will learn to coordinate, conduct, manage and evaluate the Michigan 4-H-sponsored Natural Helpers® peer-helping program. Natural Helpers® is designed for middle, junior high and high school communities. Developed by the Comprehensive Health Education Foundation in Seattle, Washington, Natural Helpers® is based on the premise that within every school an informal "helping network" of students and school personnel exists. Natural Helpers® uses this network to help young people help their friends with everyday problems, refer serious problems to trained professionals, and take good care of themselves in the process.

## Leader Training Workshop

The one-day Natural Helpers® Leader Training Workshop is offered for adults who are interested in starting a Natural Helpers® program in their school and community. The workshop is designed to build participants' confidence, motivation and enthusiasm as Natural Helpers trainers and leaders. The one-day leader training is generally offered once or twice a year.

As Natural Helpers leaders, you will be equipped to conduct the Initial

Training for schools and youth groups as well as teach the Ongoing Training and coordinate the program. Two trainers are required to lead Initial Training. Therefore, it is recommended that each community identify at least two individuals interested in being trained and carrying out the program in their community.

## Initial Training

Initial Training may be carried out as Retreat Training or three days of Series Training. Both training methods are effective in introducing the Natural Helpers® program to both adults and students and teaching skills to participants. At this training students learn how to help friends, to refer serious problems to trained professionals, to accept their own limitations, and to take good care of themselves.

Prospective Natural Helpers leaders are invited to participate at a retreat or series training at a school with an established Natural Helpers® program to become familiar with the curriculum before facilitating their own training. These initial trainings take place across Michigan throughout the year. Contact the Natural Helpers State Coordinators for help in locating a group to observe. Many educators find the curriculum extremely user friendly and well organized and opt to not observe an established program-in-action. It is a personal decision of the prospective Natural Helpers leader.

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## **For More Information**

For more information on the Natural Helpers® program, please contact one of the Natural Helpers State Coordinators listed below:

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