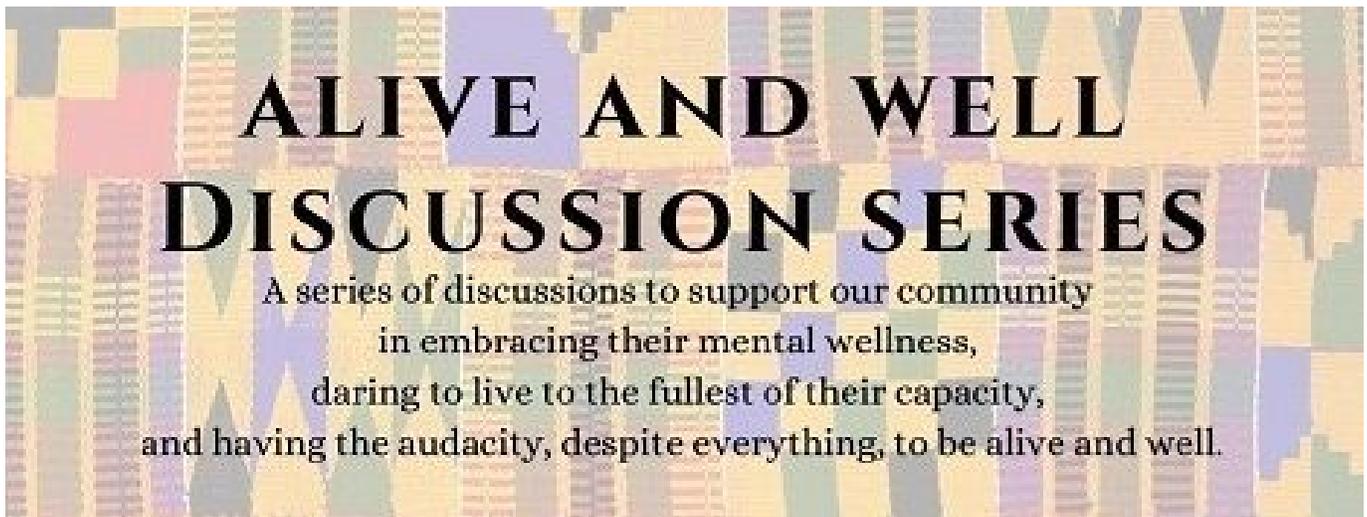




Hello and welcome!

You're here because you have heard a bit about our Alive & Well Discussion Series and are interested in the training to become a Facilitator. Thank you so much for your interest.



The above picture is a kente-patterned sign from the front cover of the Alive and Well Discussion Series curriculum. It states “Alive and Well Discussion Series: a series of discussions to support our community in embracing their mental wellness, daring to live to the fullest of their capacity, and having the audacity, despite everything, to be alive and well.”

We are currently prioritizing training folks who are Black with undocumented experience (meaning they are either currently or formerly undocumented) to become Alive & Well Facilitators.

If you do not identify as Black and currently/formerly undocumented, we thank you for your interest and look forward to engaging with you in the future.



## What does a Facilitator do?

"By definition, a facilitator is 'someone who brings about an outcome of learning and communication through guidance, coordination, and keeping discussion moving smoothly.' As a facilitator, this is precisely what we want for you in your role. It is your responsibility to create and hold a space that is safe, encouraging, and embodies trust, support, and creativity. Discussions will center on expanding the understanding and ideas on health, wellness, and well-being, coping and thriving, the effects of oppression, processing current events, among other topics. While discussion participants are ultimately responsible for their own learning, the Facilitator encourages that growth through open, honest, respectful dialogue and education, and fostering connections with local community resources for additional support."

I have read the Facilitator's Scope of Work document.

- Yes
- No, but I would like to. Please find the information under FACILITATORS at [www.undocublack.org/aliveandwell](http://www.undocublack.org/aliveandwell).

Is this something you are still interested in pursuing?

- Yes. Please proceed with completing the remainder of the application
- No. Please stop here.

## Let's start with some basics about you!

Name: \_\_\_\_\_

Your pronouns (for example: she/her/hers/ella; he/him/his/el, he/his/el; they/their/them; ze/zir, zim/zis; I'm not sure, etc.): \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

Age: \_\_\_\_\_

Are you a member of the UndocuBlack Network:

- Yes, I am a member of the UndocuBlack Network.
- No, and I am interested in becoming a member.
- No, and I am not interested in becoming a member.
- No, and I am not eligible to become a member.
- Other: \_\_\_\_\_

Name: \_\_\_\_\_



**Some more about you.**  
**Here's the chance to express yourself in more detail.**

Tell us a little bit about yourself.

---

---

---

What have you heard about the Alive and Well Discussion Series curriculum?

---

---

---

Share what interests you about becoming a Facilitator and why you specifically want to become an Alive and Well Facilitator?

---

---

---

---

---

Please share something you are looking forward to in becoming a Facilitator?

---

---

---

Name:



## Your Experiences

There is no experience necessary to become a Facilitator. However, we are interested in knowing more about your experiences, if you have any.

Please share about a time you successfully created a space for folks to feel comfortable and/or safe to talk.

---

---

---

---

---

---

---

Please share about a time you successfully facilitated a conversation between people.

---

---

---

---

---

---

---

Please share a bit about your understanding and/or experience with mental health (what you have seen, personal experiences, what you have learned). Please only share to your level of comfort.

---

---

---

---

---

---

---

Name:



## Your Experiences: Rate yourself!

There is no experience necessary to become a Facilitator. However, we are asking you to share a bit about your skills and experiences. Please rate yourself on your comfort doing the things below by marking with an x, with 1 being "I am not comfortable with this at all" to 5 being "I am very comfortable with this." If you would like, you can provide an explanation for your response in the space provided below the question.

Your ability to express the importance of hosting spaces specifically for Black currently/formerly undocumented people.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your ability to express the significance of hosting facilitated discussions around mental health and wellness.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your ability to facilitate group conversations.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your understanding of mental health.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Name:



Your ability to create an environment that is open and supportive.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your ability to listen to hear the messages between the lines.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your understanding of the mind-body connection.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your understanding of the relationship between mental health and societal conditions.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your ability to create and maintain boundaries.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Name:



Your ability to sit in silence.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Your ability to help people through differences of opinion and disagreements.

1 I am not comfortable with this at all.	2	3	4	5 I am very comfortable with this.

---

---

Name:



## Facilitator Commitments

We thank you for taking the time to complete the previous questions. We ask that, in becoming an Alive & Well Facilitator, that you consider these commitments and answer honestly.

I am an active member of the UndocuBlack Network, or aspire to be.

Yes

No

Other: \_\_\_\_\_

I am willing to commit to the UndocuBlack Network's Community Agreements.



Above is a gold, black and white graphic, showing the organizational Community Agreements of the UndocuBlack Network. The organizational logo - of a gold tree with roots reaching towards the bottom with a raised fist as the trunk, and the letters of UndocuBlack Network in maroon, gold, and white - is located below the agreements. It states the agreements are: Respect Comrades; Be mindful of tone; Assume best intentions; Be flexible with the process; Work to see the YES/AND; Be open, direct, honest and compassionate; This space may not be the best time/place to discuss everything; Political difference doesn't need to feel personal; Work to build collective understanding and unity; Balance your emotional awareness; Step up Step back; Bring curiosity; and Oops and Ouch.

Yes

No

Other: \_\_\_\_\_

Name: \_\_\_\_\_



I am willing to participate in a conversation with the Mental Wellness Director about my interest in becoming an Alive & Well Facilitator.

- Yes
- No
- Other: \_\_\_\_\_

I am willing to commit to a minimum of 6 months of being a Facilitator.

- Yes
- No
- Other: \_\_\_\_\_

I am willing to commit to 5-10 hours a month in this role as a Facilitator. (This time may be more or less depending on your and your region's needs.)

- Yes
- No
- Other: \_\_\_\_\_

I am willing to engage in the initial training that is tentatively scheduled for August 9th-11th, 2019.

- Yes
- No
- Other: \_\_\_\_\_

I am willing to participate in continuing education, as deemed necessary, as it is related to this role.

- Yes
- No
- Other: \_\_\_\_\_

I am willing to engage in open communication with the Mental Wellness Director, or other determined leadership, for feedback, support, and supervision, to occur at minimum monthly.

- Yes
- No
- Other: \_\_\_\_\_

## **Thank You!**

Thank you for taking the time to complete this application form! Do you have anything else that you would like to add, or any questions you would like to ask?

---

---

Name: