

COURSE GOALS & EXPECTATIONS

Welcome to the **Facilitator Guide** for the Mental Health & Addiction Association of Oregon's Money Basics curriculum! Money Basics is a financial literacy and empowerment program that is peer-led and person-directed; designed for individuals who identify as having lived experience of mental health and/or addiction challenges and recovery. It is a series of interactive and empowering workshops created by peers, for peers.

Thank you for taking the time to facilitate this course and to learn and grow with your fellow peers.

Course Goals: The goals of Money Basics are for participants *and* facilitators to leave the course with increased knowledge about money and finances, to improve their financial skills, to have increased confidence in their ability to handle their own finances, and to develop healthy financial goals and habits.

An additional goal of this course is to invite participants to question their current financial situation so they may begin to strategize ways to change it and improve their economic well-being. Peers will develop new skills to reduce financial stress and anxiety and feel empowered to budget, save, and spend money in ways that work for them.

Methodology & Philosophy: Money Basics is a financial empowerment course, designed specifically for people who experience mental health and/or addiction challenges. Money Basics is a peer-led course designed to build peer-to-peer relationships and a sense of community and trust. Money Basics honors Peer Recovery Practices by following a strengths-based and person-directed approach. Facilitators will adhere to the Peer Support Recovery Practices of listening, mutual learning, respect, and hope.

One of your tasks as a facilitator will be to create a safe space where peers can connect through shared lived experiences and feel supported by their Money Basics community. An important first step to creating this kind of space is for facilitators to share with participating peers their own lived experiences with course topics. This can include sharing stories about money management; financial insecurity and poverty; financial challenges like building credit or paying off debts; and the relationship between money and mental health and/or addiction challenges (as is applicable). Beginning this type of sharing on Day One can help set the tone for the remaining workshops and build trust among peers.