

NAMI

*Family-to-Family
education program*

What people are saying.

"It was very wonderful, so meaningful. I don't know what we would have done without it. I am most grateful. It has helped our entire family by helping us. **I have gained respect for myself and my loved one.**"

"The course exceeded my expectations. It will take me some time to absorb all I've taken in. **I've gained a new life.** The situations were so overwhelming that I was afraid I'd go under."

"My overall impression was a feeling of relief and hope. By virtue of taking this course, **I realize that my role in dealing with my wife's illness is a role of support and understanding.** This goal was accomplished admirably by the class leaders."

"The most positive aspect to me was learning about what my mentally ill relative feels and experiences. **I have so much more understanding now of so many of my brother's actions and reactions.**"

"I wish that I could have had the advantage of assimilating this knowledge a long time ago. **Why hasn't someone explained all this to me before?**"

"I learned more in this course than I have learned in the past 18 years. This is a class I would have paid to attend. I only wish all my friends from the support group could have attended. I have no words to express my deep appreciation for these classes and the information they offered."

NAMI

THE NATION'S VOICE ON MENTAL ILLNESS

Family-to-Family

A free 12-week course

Class size is limited
to 20 family members.

Family members may be parents,
spouses, siblings, adult children and
significant others.

cost: there is no charge to
participants.

Registration is required.

Call now to reserve your space.

Someone I love suffers
from a major mental
illness! What is going
on? How will I cope?

WHERE CAN I GET HELP?

NAMI

NATIONAL ALLIANCE FOR THE MENTALLY ILL

*Family-to-Family
EDUCATION PROGRAM*

SPONSORED BY

**NAMI Greater Bloomington Area
P.O. Box 7794
Bloomington, IN 47407
812.339.5440**

and

**NAMI Indianapolis
P.O. Box 40866
Indianapolis, IN 46240
317.767.7653**

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Family-to-Family education program

WHAT IS IT?

- This free 12-week course is for families of individuals with serious and persistent mental illness.
- Classes offer current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders.
- The course provides the knowledge and skills that family members need when faced with the problems of mental illness.
- Family to Family is taught by trained NAMI family member volunteers who teach in teams of two. The course was developed by an experienced family member who is also a PhD clinical psychologist.
- Emphasizing the biological basis of mental illness, the course balances skill-training with self-care, emotional support and empowerment.
- A series of short lectures are presented to communicate directly to families in a lively and interesting manner. They are insightful, straight-forward and provide up-to-date information. Lectures are interspersed with discussion and group activities, allowing class members to talk about the subject at hand and interact with each other.

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WHY SHOULD I ATTEND?

Research studies indicate 40-65% of adults with severe and persistent mental illness either reside with their families or receive primary care management from their families. The ability of family members to provide an understanding and predictable environment for their ill relative is a key factor in the capacity of the ill family member to stabilize and remain in the community.

Family-to-Family not only provides basic education and skill training for families who must cope with the difficulties of their ill relatives, it also gives them the practical and emotional support to sustain them in their role as primary caretakers in the community mental health system.

You will receive:

- * Concrete, specific information. Lots of it.
- * Basic clinical information and guidance.
- * Skill training and coping techniques.
- * A safe, confidential place to talk about what you are going through.

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CLASS TOPICS

1. Learning about feelings. Learning about facts.
2. Introduction to schizophrenia, diagnosis and critical periods.
3. Introduction to depression and bipolar illness, diagnosis and causes.
4. Basics about the brain.
5. Problem solving skills workshop.
6. Medications review.
7. What it's like to be mentally ill. Empathy workshop.
8. Communications skills workshop.
9. Relative groups and self-care.
10. Rehabilitation.
11. Advocacy: Fighting stigma.
12. Certification and Celebration.

CLASSES MEET

2 1/2 HOURS EACH WEEK FOR 12 WEEKS

This FREE NAMI Family-to-Family Education Program is offered by the National Alliance for the Mentally Ill - Indiana as a service to families of persons with mental illness. NAMI Bloomington also offers a monthly support group.