



What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

NAMI Urban Los Angeles, the local organization of the National Alliance on Mental Illness, is offering the weekly **NAMI Basics Education Program** starting on **Tuesday, March 5th, 2024** from **9:30AM-12PM PST** at **Hathaway Sycamores - Palmdale, 861 Auto Center Dr., Palmdale, CA 93551.**

You can find out more on our website at namiurbanla.org/nami-basics.

Call (661) 341-8041 or email jharris@namiurbanla.org to register today!



Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

Human IT Qualifications. *This project is funded in part by L.A. Care Health Plan and will benefit low-income and uninsured residents of Los Angeles County.*

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Urban Los Angeles is an affiliate of NAMI California. NAMI Urban Los Angeles and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

Curriculum

Class 1: Introduction: It's not your fault; Mental illnesses are brain disorders

Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; accepting that mental illnesses are biological brain disorders.

Class 2: The biology of Mental Illness; getting an accurate diagnosis

An overview of human development; specifics of brain development; current research on brain mechanisms involved in mental illness in children and adolescents; overview of the diagnostic process; and overview of the types and subtypes of major mental illnesses that can develop in childhood and adolescence (ADHD, ODD, CD, Depressive Disorders, Bipolar Disorder, Disruptive Mood Dysregulation Disorder, Anxiety Disorders, Schizophrenia, OCD and substance use disorders).

Class 3: Treatment Works

Telling your stories; overview of treatment options available; explanation of evidence base practice designations; review of various types of mental health professionals in the field; overview of medication as a treatment option for children and adolescents, including the current debate within the field on the subject, black box warnings, etc.

Class 4: Objective and subjective family burden

Learning about family burden and the impact of mental illness on each family member; learning various skills that can be used to improve day to day communications within the family as well as during episodes of crisis; communication skills, problem solving skills, tips for handling challenging behavior, crisis preparation and response, developing a relapse plan.

Class 5: The systems involved with your child and the importance of record keeping

Learning the importance of keeping records on your child; reviewing a sample record keeping system; Overview of the systems your child may be involved with including the mental health system, the school system and the juvenile justice system; introduction to issues that will arise as your child reaches adulthood

Class 6: Advocacy, review, sharing and evaluation

Building an advocacy team for your child; meet people who are resources for you in advocating for your child; invitation to join NAMI in the fight to end discrimination and ensure access to appropriate treatment services; reminders about self-care; evaluations and certificates