

An evidence-based program offered annually in **El Dorado Hills** for family members, partners, and friends of individuals living with a mental illness.

Schizophrenia, Schizoaffective, ADHD, Anxiety, Bipolar, Psychosis NOS, Major Depression, Co-occurring Brain and Addictive Disorders, Borderline Personality Disorder, Panic Disorder, Obsessive Compulsive Disorder (OCD), and Post-traumatic Stress Disorder (PTSD)

WHAT: A free 12 session class for **caregivers, family members, and friends** of loved ones with mental illness. Learn how to support individuals with serious mental illness while maintaining your own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. There is no cost to participate.

WHERE: Marina Village Middle School, 1901 Francisco Blvd., room 21, El Dorado Hills

WHEN: The class meets weekly for 12 Wednesdays (Feb. 6 - April 24) from 6:30 – 9:00.

HOW: Contact Victoria to learn more or to sign-up for this free class. **Seats are limited so register early: vicrad@pacbell.net or 916-952-7325.**

WHY: *Evidenced-based – learn the important role you play in your loved one's recovery. People can and do recover.*

*Nursing CE Credits available: NAMI El Dorado County is approved by the California Board of Registered Nursing, Provider Number CEP14941 for 32 contact hours. **COURSE DESCRIPTION and OBJECTIVES on back-page of this flyer →***

<http://namielдорadocounty.org>

FACEBOOK: NAMI El Dorado County

COURSE OBJECTIVES:

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| 1. Understand symptoms of mental health conditions and related treatment options including medications and their role in the treatment process |
| 2. Develop skills to communicate and interact with your loved one and with relevant service providers |
| 3. Understand how to get treatment promptly and effectively and why psychosis must be treated promptly |
| 4. Articulate prevalence of mental health conditions and where our community may have gaps in service and how to navigate through those gaps - to facilitate optimal recovery. |

COURSE DESCRIPTION:

This is a FREE 12-session, 32-hour-class for parents/caregivers/family/friends of adults and older teens with severe mental illness. Curriculum: Brain biology, schizophrenia, major depression, mania and hypomania, Psychosis NOS, schizoaffective disorder, mood disorders, post traumatic stress disorder, borderline personality disorder, anxiety disorders, dual diagnosis (co-occurring substance abuse or addiction of any kind), basics about the brain, problem solving skills to improve recovery, medication review, empathy and understanding, communication skills, self-care, recovery, and advocacy.

NAMI Family-to-Family is listed on SAMHSA's National Registry of Evidenced Based Programs and Practices

CONTENT:

1. A binder containing over 300 pages of **NAMI copyrighted evidence-based material** used in conjunction with instructor presentation and interactive-style learning.
2. Video clips both from NAMI (copyrighted) and TED Talks selected by instructors.
3. Powerpoint presentation on mental health facts, brain biology, and impact of drugs such as cannabis to brain receptors prepared by instructors.
4. Powerful and moving personal stories of how our loved one's journey to recovery....what worked and what did not work.
5. Best practices in obtaining help promptly.
6. This class is interactive not purely lecture-style.

Contact Victoria at vicrad@pacbell.net or 916-952-7325 to register (see other side for details.)