NAMI Family-to-Family

National Alliance on Mental Illness

Free for family members, partners, and friends of individuals with the following mental health issues:

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

NAMI Family Support group meets monthly for family/friends of those living with a mental health and/or substance abuse issue (2nd Tuesdays of each month at the EDC main library in SLT: 6 – 7:30 p.m.)

WHAT: A free 6-session, 32-hour-class for **caregivers, family members, and friends** of loved ones with mental illness. You will 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 in the NAMI Family-to-Family Education Program.

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 →

WHERE: Lake Tahoe Community College, 1 College Way, South Lake Tahoe, CA (room information will be provided with registration.).
Co-Teachers: Jeanne and Alan Nelson – f2fnami@gmail.com

WHEN: The class meets weekly for six consecutive SATURDAYS –
32 hours of evidence-based training.

Sep 16, Sep 23, Sep 30, Oct 7, Oct 14, Oct 21, 2017

Time: 9:00 a.m. – 3:00 p.m.
Call Jeanne to learn more or sign-up for this free class. www.nami.org

Seats are limited so register early: 650-740-5776 FACEBOOK: NAMI El Dorado County

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COURSE OBJECTIVES:

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

COURSE DESCRIPTION:

This is a FREE 6-session, 32-hour-class for loved ones of adults 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 1. with instructor presentation and interactive-style learning.
2. Video clips both from NAMI (copyrighted) and TED Talks selected by instructors on subject matter.
3. Powerpoint presentation on mental health facts, brain biology, and impact of drugs such as cannabis on 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 for our loved ones.
6. This class is interactive not just lecture-style.
   Call 650-740-5776 or email: F2FNAMI@gmail.com to register for Fall 2017 (see other side for details.)

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