

NAMI Education Programs: Family-to-Family 2012

**Saturdays, March 24 to June 17, 9:30 - Noon
Sutter Amador Hospital, Multi-Conference Room**

Family-to-Family Course Content

Who is this course for?

The Family-to-Family education and support program is a free, 12-week course offered by the National Alliance on Mental Illness (NAMI) a support, education and advocacy organization for family members and consumers. It is offered throughout the United States, in two Canadian provinces and in three regions in Mexico. With more than 3,500 volunteer teachers, 250,000 family members have participated in the program since 1991. The goal is to provide education about mental illness and treatments, emotional and practical support, and problem solving and communication skills for family members and caretakers of those with a mental illness.

Who teaches it?

The course will be taught by NAMI Amador family members who have taken intensive training and are certificated to teach this course.

What does it provide?

The Family-to-Family curriculum focuses on schizophrenia and schizoaffective disorder, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD), co-occurring brain disorders and addictive disorders, and PTSD. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. ****Research has shown that Family-to-Family effectively enhances coping skills among families of people with mental illness****

Course content

Each class contains a combination of lecture and interactive exercise material. Because each class builds on the one before, attendance each week is required.

See the weekly course topic list at right.

How do I sign up?

Call one of the teachers, Kelly Trottier, 223-9133 or Hilary Wagner, 295-3363, to sign up.

**** Sponsored by NAMI Amador and
Amador County Behavioral Health with
Mental Health Services Act (MHSA) Funding ****

Week 1: Learning about feelings and learning about facts.

Week 2: Schizophrenia, schizoaffective disorder, diagnosis, critical periods.

Week 3: Major depression, mania, panic/anxiety and obsessive compulsive disorder, diagnosis and causes.

Week 4: Basics about the brain.

Week 5: Problem solving skills workshop.

**April 28:
Northern California
NAMIWALK-Amador!**

Week 6: Medication review.

Week 7: What it's like to have a mental illness — empathy workshop.

Week 8: Communications skills workshop.

Week 9: Support groups and self-care.

Week 10: Rehabilitation and potential for recovery.

Week 11: Advocacy — fighting stigma.

Week 12: Review, evaluation, certification and celebration.