

Course Policy
The course has a closed enrollment.

Information disclosed by and among participants in the course shall be maintained in utmost privacy and confidentiality.

Because of the emphasis on family pain and self-disclosure consumers shall not be recruited except in the case of a family-member consumer who is in recovery and has a first degree relative with a serious brain disorder.

The course is also not open to mental health professionals in their professional capacities.

Course Schedule:
DATE: Thursdays, Beginning Feb. 4, 2010—April 22, 2010
TIME: 6:30-9:00 PM
LIMITED SPACE AVAILABLE
Phone: 979-846-1100 or 979-777-9455
Email: namisupport@bvcaa.org

Location:
BVCAA Head Start Resource Room
3141 Briarcrest Drive, Suite 513, Bryan



Course Instructor
Karen Garber, Certified Family Trainer

Course Outline By Session

- Class 1)** Introduction. Normative reactions to the trauma of mental illness. Belief systems and principles. Goals for ill family member. Understanding symptoms.
- Class 2)** Schizophrenia, Major Depression, Mania, Schizoaffective Disorder. Diagnostic criteria. Getting through critical periods. Keeping a Crisis file.
- Class 3)** Mood Disorders and Anxiety Disorders. Diagnostic criteria. Telling our Stories.
- Class 4)** Basics About the Brain. Research on functional and structural brain abnormalities. Chemical messengers in the brain. Genetic research. Infectious and developmental “second hits.” Biology of recovery.
- Class 5)** Problem-solving skills workshop. How to define a problem, sharing problem statements, solving the problem, setting limits.
- Class 6)** Medication review. How medications work. Basic psychopharmacology. Medication side effects. Key treatment issues. Stages of adherence. Early warning signs of relapse.
- Class 7)** Inside Mental Illness. Understanding the subjective experience of coping with a brain disorder. Problems in maintaining self-esteem and positive identity. The psychological struggle to protect one’s integrity in mental illness.
- Class 8)** Communication skills workshop. How illness interferes with the ability to communicate. Learning to be clear. Talking to the person behind the symptoms.
- Class 9)** Self-care. Learning about family burdens. Sharing in relative groups. Handling negative feelings. Balancing our lives.
- Class 10)** The Vision and Potential of Recovery. Key principles of rehabilitation. Model programs of community support.
- Class 11)** Advocacy. Challenging the power of stigma. Learning how to change the system. The N.A.M.I. Campaign to End Discrimination. Meet N.A.M.I. advocate.
- Class 12)** Review, sharing, evaluation. Certification ceremony, PARTY!

Course Goals

To enable family members of close relatives diagnosed with major depression, bipolar disorder, schizophrenia and schizoaffective disorder, panic disorder and obsessive compulsive disorder to develop an understanding of the biological nature of the illnesses.

To help family members develop coping skills for handling crisis and relapse.

To help family members develop listening, communication and problem-solving skills in working with their ill family member.

To provide tools and resources for self-care and well-being of the family.

To educate the family members about treatment alternatives.

To promote educated advocacy for persons with mental illnesses.

All information is confidential.
Classes are for family members only, not intended for persons with diagnosis.

PRE-REGISTRATION FORM
COMPLETE THE FOLLOWING INFORMATION AND RETURN IT TO KAREN GARBER AT BRAZOS VALLEY COMMUNITY ACTION AGENCY, INC.
1500 UNIVERSITY DRIVE EAST, SUITE 100, COLLEGE STATION, TEXAS 77840

NAME: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE: _____ NIGHT PHONE: _____

ILL RELATIVE IS YOUR:
 SPOUSE PARENT SIBLING ADULT CHILD ADOLESCENT CHILD CHILD UNDER 12 YEARS OF AGE

PRIMARY DIAGNOSIS OF ILL FAMILY MEMBER: _____

HOW RECENT WAS THE DIAGNOSIS? _____

HOW DID YOU HEAR ABOUT THE COURSE?: _____

Sponsored By N.A.M.I.-BV and BVCAA, Inc.

N.A.M.I.
FAMILY-TO-FAMILY
EDUCATION PROGRAM

National Alliance on
Mental Illness of
Brazos Valley

and

Brazos Valley Community
Action Agency, Inc.

Presents The

N.A.M.I.
FAMILY-TO-FAMILY
EDUCATION PROGRAM

A Series of 12 FREE Weekly Classes
Designed to Help Families
Affected By Mental Illness
to Cope with the Trauma
of Chronic Illnesses and
Develop Effective Coping Skills



The ABC's
of the
N.A.M.I.
Family-To-Family Education Course

FREE

About the Course

The N.A.M.I. Family-to-Family Education Course is designed as a family respite program and is offered free of charge to the participants.

The course has been written by an experienced family member mental health professional. More than 30,000 family members across the country have completed the 12-week course.

Each of the 12 consecutive weekly classes last 2 ½ hours.

The course is open to family members only. All participants must be at least 14 years of age to enroll.

Classes are limited to 22 persons.

Potential course participants may be referred to the team leaders by mental health professionals, support groups, or by self-referral. A list of potential participants will be developed, and the team leaders will select participants following individual interviews.

The course covers Schizophrenia, Major Depression, Schizoaffective Disorder, Bipolar Disorder, Obsessive Compulsive Disorder and Dual Diagnosis.

Traveling the path of understanding a mentally ill family member can be a difficult and trying ordeal. You are not alone. Let the N.A.M.I. team counselors help make the journey one that empowers you to care for your family while maintaining your own well being.

