

NAMI (National Alliance on Mental Illness)

Family-to-Family Course Outline

Next Class Starts February 16, 2016

Call 217-690-6583 or e-mail namieffingham@gmail.com to reserve a spot

Week #1 Introduction, special features of course, emotional reaction to trauma of mental illness, our belief system, our goals, understanding symptoms

Week#2 Understanding Schizophrenia and Mood Disorders, characteristic features of psychotic illnesses, Q & A's about getting through critical periods, keeping a crisis file

Week #3 Other disorders defined, discussed, telling "our stories"

Week #4 Basics of the brain, functions of areas, abnormalities in the major mental illnesses, role of genetics, biology of recovery

Week #5 Problem Solving Workshop, defining a problem, sharing, solving, setting limits

Week #6 Medication Review, how they work, side effects, key treatment issues, stages of adherence to medications, early warning signs of relapse

Week #7 Inside Mental Illness, understanding the subject, coping with the illness, problems maintaining self-esteem and positive identity, gaining empathy, protecting one's integrity

Week #8 Communication Skills Workshop, how illness hampers ability to communicate, learning to be clear, responding to loaded topics, talking to the person behind the symptoms

Week #9 Self Care, learning about family burden, handling negative feelings of anger, entrapment, guilt and grief, how to balance lives

Week #10 The Vision and Potential of Recovery, key principles of rehabilitation, model programs of community support (a first person account of recovery)

Week #11 Advocacy, challenging the power of stigma in our lives, learning how to change the system, meet and hear how others are advocating for change

Week #12 Review, sharing and evaluation, certification ceremony, celebration

