

What do people say about Family-to-Family?

"Impressively written. I was thrilled to learn all that I didn't know and need to [know]! I have immediately benefited from the course in dealing with both the nature of the condition/disorder and my own situation with family and emotions."

- 46 year-old sibling
of family member with bipolar disorder

"[Family-to-Family class] was a revelation. It was the most beneficial time I believe I have ever spent. I actually discovered that I had much to learn about mental illness. I began to understand what might be going on inside our son, not just what I was feeling. My anger finally gave way to compassion. I discovered ways to deal with stigma. I discovered methods for advocating for loved ones who are afflicted and how the medications worked."

- Frank Ryan, excerpt from
Family to Family, a Father's Point of View

"Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery."

-- Peter Weiden, M.D. Author of
Breakthroughs in Antipsychotic Medications



National Alliance On Mental Illness
Franklin County
4500 East Broad Street
Columbus, Ohio 43213
www.namifc.org

FAMILY TO FAMILY

A Free 12-Week Class
for Family Members of an Adult
With a Mental Illness

If you have a loved one with
mental illness, you are not alone.



National Alliance on Mental Illness, Franklin County

www.namifc.org

614-501-NAMI (6264)

The Family-to-Family Education Program

The National Alliance on Mental Illness (NAMI) Family-to-Family Education Program is a free 12-week course for individuals who have a loved one that suffers with severe mental illness. It focuses on five major mental illnesses (brain disorders) :

- Schizophrenia
- Bipolar disorder
- Major depression
- Panic disorder
- Obsessive compulsive disorder

The curriculum discusses the treatment of these illnesses and teaches family members skills needed to cope effectively with the ill family member and the mental health system.

Family-to-Family classes are taught by volunteer teachers who are also family members of a person with a mental illness. They encourage families to support one another and to be knowledgeable and effective members of their loved one's treatment team.

For more information, please visit
www.namifc.org.

What topics are taught in Family-to-Family?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Fighting stigma and advocacy in the community and in the mental health system
- Guidance on locating appropriate supports and services within the community
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload

YES! REGISTER ME FOR FAMILY-TO-FAMILY.

name

address

city, state, zip

phone

e-mail

loved one's relationship to you, age and diagnosis

Registration is required!

All classes are free, but pre-registration is required.

Classes are held in various locations around the city and meet for 2.5 hours once a week.

Please SEND, FAX, or EMAIL your info to:

NAMI FRANKLIN COUNTY
4500 East Broad Street
Columbus, Ohio 43213

Phone: 614-501-6264 (NAMI)

Fax: 614-501-6267

Email: mail@namifc.org

Visit us online: www.namifc.org