



NAMI Basics is an education program for parents and other caregivers of children and adolescents with behavioral issues, undiagnosed emotional issues, Attention Deficit Disorder (ADHD), or other diagnoses such as Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders.

Sponsored by **NAMI Queens/Nassau**, NAMI Basics is a **FREE** class taught by trained parents or other primary caregivers who have lived similar experiences with their own children who developed the symptoms of mental illness prior to the age of 13 years.

Course topics include:

- The trauma of mental illness for the child and the family
- The biology of mental illness: getting an accurate diagnosis
- The latest research on the medical aspects of the illness and advances in treatment
- An overview of treatment options – treatment works
- Tools for the toolbox: communication skills, problem solving, crisis preparation and response, handling challenging behavior and relapse planning.
- The impact of a child's mental illness on the rest of the family – caregivers and siblings
- An overview of the systems involved in caring for children and teens (school, juvenile justice, mental health) and the importance of record keeping

Each course runs for either 6 consecutive week nights from 7-9:30 pm or for 3 consecutive Saturdays from 9:30 am–3:30 pm. Classes will be set based on interest.

Call one of the Course Facilitators to communicate your interest:

Cecele Green (718) 704-8690 or Liz Huttner (718) 366-6742

