

# #NAMIcon16

## Family is Forever

One Family's Story of Hope Through Mental Illness



# Family Forever, Agenda

- This is our Story
- The power of sharing lived experience
- Let's not be afraid



# Family Forever, Why

The world's view of Family

## Family Stigmatized

Family Dysfunction

Family Codependency

Family Inconsistency

Family Denial

Family Obstinacy

Family Enabling

Family Guilt



# Family Forever, Why

The truth behind family

<b>Family Stigmatized</b>	<b>Family Valued</b>
Family Dysfunction	Family Cohesion
Family Codependency	Family Support
Family Inconsistency	Family Diversity
Family Denial	Family Hope
Family Obstinacy	Family Commitment
Family Enabling	Family Compassion
Family Guilt	Family Love



# Family Forever, Education

- Why education is so important
- Why loving families give up
- NAMI Family to Family
- Response to Trauma
  - Support Groups
  - Advocacy
  - Respite
- Airplane Analogy



# Family Forever, Individual

- Family importance
- Early Life
- Unconditional Love



# Family Forever, Mother

- Family Struggles
- What is this?
- The Journey
  - Nothing works
  - Institutions
  - Treating Illness
- Coming out on the other side



# Family Forever, Father

- Expectations and denial
- Facing reality
- Impact on family
- Never give up
- Recovery
  - Bravery and inspiration
- Unconditional Love





# Family Forever, Sibling

- History from my perspective
- Relationship to my family
- Relationship to myself
- Lasting impact





# The End

