

## What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Read more at [www.nami.org/F2F](http://www.nami.org/F2F).

Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

**Wednesdays January 15<sup>th</sup> – April 1<sup>st</sup> 2020**  
**6:30 pm - 9:00 pm**  
**LA CADA Wellness Center**  
**11015 Bloomfield Ave., Santa Fe Springs 90670**

## Participant Perspectives

“This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answer. It has helped me to understand better and communicate more effectively with my brother.”

“The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this.”



**Contact us to register for this free NAMI Family-to-Family class!**

### NAMI Whittier Contacts:

Rita Murray  
(562) 692-8006

[NAMIWhittier@aol.com](mailto:NAMIWhittier@aol.com)

Sandra Flores  
(562) 762-8562

**Class is free. Preregistration required.**

Classes limited to 25 persons.

## About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This NAMI Family-to-Family Education Program is sponsored by NAMI LACC and NAMI Whittier through a grant from the LA County Department of Mental Health. NAMI Whittier and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

---

---

## Curriculum for NAMI Whittier Family-to-Family Education Program

---

---

Class #	Topics
CLASS 1:	<b>Introduction:</b> Special features of the course; learning about the normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; your goals for your family member with mental illness; understanding illness symptoms as a “double-edged sword.”
CLASS 2:	<b>Understanding Schizophrenia and Mood Episodes</b> (depression and mania); characteristic features of psychotic illnesses; questions and answers about getting through the critical periods in mental illness; keeping a CrisisFile.
CLASS 3:	<b>Mood Episodes, Borderline Personality Disorder, Anxiety Disorders, Post-traumatic Stress Disorder, Dual Diagnosis:</b> Types and sub-types of Mood Episodes; Diagnostic criteria for Borderline Personality Disorder, Panic Disorder, Obsessive-Compulsive Disorder; Post-traumatic Stress Disorder; Co-occurring brain and addictive disorders; Telling our stories.
CLASS 4:	<b>Basics About the Brain:</b> Functions of key brain areas; research on functional and structural brain abnormalities in the major mental illnesses; genetic revolution in biological psychiatry; genetic transmission of major mental illnesses; infectious and neurodevelopmental “second hits” which may cause mental illness; the biology of recovery; individual stages of recovery from brain disorders.
CLASS 5:	<b>Problem Solving Skills Workshop:</b> How to define a problem; sharing our problem statements; solving the problem; setting limits.
CLASS 6:	<b>Medication Review:</b> How medications work; basic psychopharmacology of the mood disorders, anxiety disorders and schizophrenia; medication side effects; key treatment issues; Stages of adherence to medications; early warning signs of relapse.
CLASS 7:	<b>Inside Mental Illness:</b> Understanding the subjective experience of coping with a brain disorder; problems in maintaining self-esteem and positive identity; gaining empathy for the psychological struggle to protect one’s integrity in mental illness.
CLASS 8:	<b>Communication Skills Workshop:</b> How illness interferes with the capacity to communicate; learning to be clear; how to respond when the topic is loaded; talking to the person behind the symptoms of mental illness.
CLASS 9:	<b>Self-care:</b> Learning about family burden; sharing in relative groups; handling negative feelings of anger, entrapment, guilt and grief; how to balance our lives.
CLASS 10:	<b>The Vision and Potential of Recovery:</b> Learning about key principles of rehabilitation and model programs of community from a guest speaker (an individual living with mental illness).
CLASS 11:	<b>Advocacy:</b> Challenging the power of stigma in our lives; learning how to change the system; meet and hear from people advocating for change.
CLASS 12:	<b>Review, Sharing and Evaluation:</b> Certification ceremony; Party!

---

---