
Nuts and Bolt: NAMI Family-To-Family Education Course Description

NAMI Family-To-Family Education Program consists of a series of twelve classes for the families of persons with serious and persistent brain disorders (mental illnesses). These classes represent a new concept and curriculum. In this model, the course co-teachers are family members themselves, and the course has been designed and written by an experienced family-member mental health professional. The course balances education and skill training with self care, emotional support and empowerment. Important components of the course are:

1. Information about Schizophrenia, Major Depression, Bipolar Illness, Borderline Personality Disorder, Obsessive Compulsive Disorder (OCD), and co-occurring Brain Disorders and Addictive Disorders.
2. Coping skills; handling crisis and relapse.
3. Listening and communication techniques.
4. Problem solving and limit setting; rehabilitation.
5. Understanding the actual experience of people suffering from mental illness.
6. Self-care; learning how to recognize normal emotional reactions among families to chronic worry and stress.
7. Basic information about medications and their side effects.
8. Information about connection with appropriate community services and community supports.
9. Advocacy; getting better services, fighting discrimination.

The NAMI Family-To-Family Education Program is designed for the families of persons who have been diagnosed with serious and persistent mental illness, as well as those who exhibit behavior that strongly suggests such a diagnosis. The course is not appropriate for individuals who are themselves suffering from one of these mental illnesses.

The NAMI Family-To-Family Education Program is Free. It is sponsored by NAMI Glendale as a community service for families in many cities and towns across the state. The program is funded by a grant from LACDMH.