



Education Course on Mental Illnesses

Intended for family members and caregivers of individuals
diagnosed with:

- Schizophrenia
- Schizoaffective Disorder
- Bipolar Disorder
- Depression
- Panic Disorder
- Obsessive Compulsive disorder
- Post Traumatic Stress Disorder
- Generalized Anxiety disorder
- Borderline Personality disorder
- Dual Diagnosis

NAMI's signature evidence-based national education instructional curriculum offers concrete practical benefits to families and caregivers with a relative or significant other diagnosed with a mental illness. This class is for VA family members and community family members. Topics include the major mental illnesses including PTSD, brain biology, clinical treatments, plus knowledge and skills that caregivers need to cope more effectively. Extensive handout materials complement professional mental health services, and are free. Course is taught locally by nationally-certified trained NAMI family members, and extends over a 12 week period.

Free Weekly Classes. Next Course Begins:

Tuesday, January 17, 2012

6:00 – 8:30 PM for 12 consecutive weeks

Location: Malcolm Randall VA Hospital (room T.B.A)

For VA family members and community family members.

Pre-registration is required:

Phone (352) 374-5600 extension 8322

(leave a voicemail and your call will be returned)

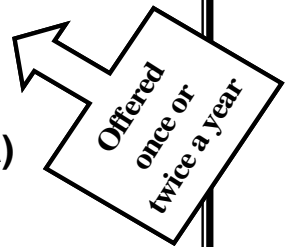
or E-mail: info@NamiGainesville.org

Class size limited.

Sponsored by NAMI Gainesville

Watch video about the course at:

www.NamiGainesville.org



Mental Illness Education Course

www.NamiGainesville.org

What mental health providers say about this Nationally developed course taken by over 300,000 family members:

“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*

The NAMI Family-to-Family Education Course is an evidence-based, widely-used concept in education for families and caregivers who are affected by a serious mental illness, including: schizophrenia, bipolar disorder, major depression, panic disorder, PTSD, severe anxiety disorder, obsessive compulsive disorder, as well as co-occurring brain disorders and addictive disorders. The free course was written at the national level by experienced family members and mental health professionals, and is taught by family members who have completed the course and are specially trained to teach the course to others.

- **Week One**

Learning about normal reactions when mental illness strikes a family

- **Week Two**

Schizophrenia; Major Depression; Mania; Mood; Schizoaffective Disorder; getting through a critical period

- **Week Three**

Types and sub types of Depression and Bipolar Disorder; PTSD, Panic Disorder; OCD; telling our stories

- **Week Four**

The biology of the brain; research; causes; the biology of recovery

- **Week Five**

Problem solving; setting limits; problem solving skills workshop

- **Week Six**

Medications Review

- **Week Seven**

What it's like to have a brain disorder; empathy workshop

- **Week Eight**

How illness interferes with the capacity to communicate; communication skills workshop

- **Week Nine**

Self-care; how to balance our lives

- **Week Ten**

Rehabilitation; a first-person account of recovery

- **Week Eleven**

Advocacy; learning how to change the system

- **Week Twelve**

Review and certification ceremony

