

## NAMI Family-to-Family Education Program

### *Class Curriculum Outline*

**CLASS 1: Introduction:** Special features of the course; learning about the normative stages of our emotional reactions to the trauma of chronic (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: Schizophrenia, Major Depression, Mania, Schizoaffective Disorder:** Diagnostic criteria; characteristic features of psychotic illnesses; questions and answers about getting through the critical periods in mental illness; keeping a Crisis File.

**CLASS 3: Mood Disorders and Anxiety Disorders:** Types and sub-types of Depression and Bipolar Disorder; causes of mood disorders; diagnostic criteria for Panic Disorder and Obsessive-Compulsive Disorder, Post Traumatic Stress Disorder; Telling Our Stories.

**CLASS 4: Basics About the Brain:** Functions of key brain areas; research functional and structural brain abnormalities in the major mental illnesses; chemical messengers in the brain; genetic research; infectious and developmental “second hits” which may cause mental illness; the biology of recovery; NAMI Science and Treatment video.

**CLASS 5: Problem-Solving Skills Workshop:** How to define a problem; sharing our problem statements; solving the problem; setting limits.

**CLASS 6: Medication Review:** 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: Inside Mental Illness:** 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 ones’ integrity in mental illness.

**CLASS 8: Communication Skills Workshop:** 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: Self-Care:** Learning about family burden; sharing in relative groups; handling negative feelings of anger, entrapments, guilt and grief; how to balance our lives.

**CLASS 10: The Vision and Potential of Recovery:** Learning about key principles of rehabilitation and model programs of community support; a first-person account of recovery.

**CLASS 11 & 12: Advocacy:** Challenging the power of stigma in our lives; learning how to change the system; the NAMI Campaign to End Discrimination; meet a NAMI advocate. **Review, Sharing, and Evaluation:** Certification Ceremony; Party!

**Winter 2015**  
**Family to**  
**Family**  
**Education**  
**Program**

Family to Family is a 12 week class for parents, friends and caregivers of persons with mental disorders. The class is FREE. However, registration is required. Winter 2015 will be 11 classes.

**Coursework Includes:**

- Learning about Feelings
- Diagnoses
- Biology of the Brain
- Problem Solving Workshop
- Medications
- Empathy Workshop
- Recovery-Services Available
- Advocacy, Fighting Stigma
- Communication Techniques

**Wednesdays January 7<sup>th</sup> – March 18, 2015**

**6:30 PM to 9:00 PM**

**McLaren Education Building (room A) on Campus of McLaren Greater Lansing  
2709 South Washington Ave, Lansing, MI (Corner W. Greenlawn & S. Washington Ave)**

<http://local.yahoo.com/info-136490582-mclaren-greater-lansing-hospital-lansing>

**Contact: NAMI Lansing Phone: 517-484-3404 or email - [info@namilansing.org](mailto:info@namilansing.org)  
To Register**