



nami

National Alliance on Mental Illness

**Luzerne-Wyoming
Counties PA**

Family - to - Family Educational Program

Free for family members, partners, or significant others of individuals diagnosed with a mental illness

The Family-to-Family program is one of several signature programs developed by the NAMI and is Evidenced-Based program, which means it has quantitative research to support its effectiveness. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises.

NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but also realizing that you're not alone. Recovery is a journey. There is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You can also help others through your own experience. In the program, you'll learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

CURRICULUM

Class 1: Introduction to family education

Class 2: Symptoms of major mental illnesses and getting through a crisis.

Class 3: Co-occurring brain and addictive disorders; telling our stories.

Class 4: Basics about the brain

Class 5: Problem solving Workshop

Class 6: Medication Review

Class 7: Empathy

Class 8: Communication skills Workshop

Class 9: Self-care

Class 10: Rehabilitation

Class 11: Fighting Stigma, Advocacy

Class 12: Evaluation, Certification, and Celebration

Enrollment Information

The Spring 2019 class ***will meet Wednesday evenings beginning March 20th***. The time for all classes will be ***6:00pm – 9:00pm*** and held at the NAMI Office located at:

100 E. Union St. 2nd Floor, Suite #6 Wilkes-Barre, PA 18702

Please register by contacting the NAMI Luzerne-Wyoming Counties office at 570-371-3844 or by email at namiluzernewyomingcounty@gmail.com