

## **FAMILY-TO-FAMILY EDUCATION PROGRAM**

The NAMI Family-To-Family Education Program is a **free, 12-week course** for family caregivers of individuals with severe mental illnesses. The Course is taught by trained Family members. All instruction and course material are free to class participants. Over 125,000 family members have graduated from this national program

### **The Course includes:**

- Week 1:** Introduction to family education
- Week 2:** Current information about and symptoms of Schizophrenia, Major Depression, Bipolar Disorder; borderline personality disorder, and co-occurring brain disorders and addictive disorders; getting through critical periods of crisis by acquiring strategies for handling crises and relapse
- Week 3:** Subtypes of depression and Bipolar Disorder; Panic Disorder and Obsessive-Compulsive Disorder (OCD); telling our stories
- Week 4:** Basics about brain biology and the causes of brain disorders. Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Week 5:** Learning in special problem solving workshops
- Week 6:** Medication review and up-to-date information about medications, side effects, and strategies for medication adherence
- Week 7:** Empathy: Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Week 8:** Learning in special listening and communication skills workshop
- Week 9:** Self-Care, Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Week 10:** Rehabilitation; Making choices of recovery
- Week 11:** Fighting Stigma; Advocacy; information on advocacy initiatives designed to improve and expand services; guidance on locating appropriate supports and services within the community
- Week 12:** Evaluation, Certification and Celebration

**For information on this program or when and where it is offered, please contact:  
NAMI at (850) 671-4445 or [www.namifl.org](http://www.namifl.org)**