

The results of a scientific evaluation of the effectiveness of NAMI's Family-to-Family Education Course showed that course participants gained a greater understanding of mental illness, coped much better, worried less, and felt newly empowered to advocate for better treatment and services for their relative.

The NAMI Family-to-Family Education Course wants to help you take steps toward these demonstrated goals.

The NAMI Family-to-Family Education Course is appropriate for parents, grown siblings and significant others of persons with severe and persistent mental illness.

Classes are held on a year-round basis throughout Orange County. There is no charge for the class, however, registration is required. Membership in NAMI Orange County is encouraged but not required.



Please contact us if you are interested in our Family to Family Education Course or would like more information about our other programs or services.

Resources

Our **website** provides information about mental health, housing, Social Security, local resources and services.

www.namioc.org

The **NAMI-OC Resource Handbook** (included with paid membership) lists information about mental illness, OC emergency numbers, hospitals, care providers, residential services, legal and legislative resources, support groups and more.

We also have an e-mail list where you can receive up-to-the minute information, news and events about the topics that are of concern to individuals and families facing mental health challenges. Email us at: info@namioc.org to be added to the email list.



*A 12-week course
for family and friends of
individuals with
serious mental illness.*

*Taught by trained NAMI family
members.*

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NAMI Orange County is a charitable,
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and NAMI.

Education and Support for Families

Despite gains in the treatment and opportunities for recovery, coping with the difficulties that many people encounter in caring for a relative or friend with mental illness can be difficult. The NAMI Family-to Family Education Course is a 12-week course for families and friends of adults living mental illness including schizophrenia, bipolar disorder, major depression, anxiety disorders and borderline personality disorder. Course participants gain vital information, insights and understanding of their loved one that many describe as life-changing.

Family-to family provides caregivers with communication and problem solving techniques, coping mechanisms and the self-care skills needed to deal with their loved one's mental illness and well as its impact on the family.

All presentations, classes and services are offered free of charge.

Why is Family-to Family unique?

The course provides insights into, and resolution of, the profound concerns experienced by families, close relatives and friends as they strive to cope with the realities of serious mental illness. Caregivers not only learn a wide range of information about serious mental illness they also learn to understand how living with these conditions affects their loved one.

Each course:

- Meets weekly for 12 weeks
- Is offered free of charge
- Is taught by trained NAMI family members
- Who have relatives with mental illness
- Follows a structured format covering issues frequently faced by families dealing with mental illness.



The course teaches the knowledge and skills that family members need to cope more effectively.

- Attend with other family members just like you in a confidential setting.
- Gain insight into how mental illness affects your relative.
- Take an eye-opening look inside some of today's current brain research related to mental illness.
- Learn how families can become advocates for better treatments for their relatives.
- Learn about the medication issues involved in mental illness and the latest treatment options.
- Learn to cope with worry and stress; learn to focus on care for you as well as your loved ones.

The NAMI Family-to Family Education Course is taught in 49 states, two provinces in Canada, Mexico and in Italy. It has touched the lives of more than 200,000 participants. The curriculum has been translated into Spanish, Korean, Farsi, and Vietnamese.