

## NAMI FAMILY TO FAMILY EDUCATION PROGRAM

### FREE EDUCATION AND SUPPORT FOR FAMILIES WHO HAVE RELATIVES WITH SERIOUS MENTAL ILLNESS

The NAMI Family-to-Family Education Program is a new concept in education for families and others affected by serious mental illness: schizophrenia, depression, bipolar disorder, panic disorder, post traumatic stress disorder and obsessive compulsive disorder. The course was written by an experienced family member/mental health professional. The course is taught by family members who have completed the course and are specifically trained to teach the course to others.

Included in the Course:

1. Learning about normal reactions when mental illness strikes a family
2. Schizophrenia, major depression, mania, schizoaffective disorder: getting through a critical period
3. Types and sub-types of depression and bi-polar disorder, panic disorder and obsessive-compulsive disorder; telling our stories
4. The biology of the brain, research, causes, the biology of recovery
5. Problem solving, setting limits, problem solving workshops
6. Medication overview
7. What it is like to have a brain disorder; empathy workshop
8. How illness interferes with the capacity to communicate; communication skills workshop
9. Self-care, how to rebalance our lives
10. Rehabilitation, a first person account of recovery
11. Advocacy, learning how to change the system
12. Review and certification ceremony

The NAMI Family-to-Family Education Program is appropriate for parents, grown siblings and significant others of persons with severe and persistent mental illness. Individuals who are suffering from one of the major mental illnesses themselves may attend the course if their present condition is stable and they are the primary caregiver of an ill person.

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 is encouraged but not required.

If you are interested in attending the NAMI Family-to-Family Education Course, please contact NAMI Orange County at 714.544.8488 ext 101 or email [F2F@namioc.org](mailto:F2F@namioc.org).

#### **Live On-Line Application:**

<http://www.namioc.org/programs/family-to-family/70-family-to-family-on-line-registration-form>

**FAMILY-TO-FAMILY EDUCATION PROGRAM  
CLASS REQUEST FORM**

Date: \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Telephone No's.:** Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Is Ill Relative an Adult?:** \_\_\_ **Relationship to Applicant:** \_\_\_\_\_

**Age at Onset of Illness:** \_\_\_ **Duration:** \_\_\_ **Diagnosis:** \_\_\_\_\_

**Compliant with Medications?:** Yes \_\_\_ Sometimes \_\_\_ Refuses \_\_\_

**Living Arrangements:** \_\_\_\_\_

**Other Information You Want To Provide:** \_\_\_\_\_  
\_\_\_\_\_

**Your Availability For Taking The Family-To-Family Education Program:**

**Location (Please check all areas in which you are willing to drive):**

North OC (Fullerton, Placentia, Anaheim, etc.): \_\_\_\_\_  
North East OC (Yorba Linda, Anaheim Hills, Orange): \_\_\_\_\_  
North West OC (Buena Park, Seal Beach, Garden Grove, etc.): \_\_\_\_\_  
South OC (Lake Forest, Mission Viejo, Irvine, etc.): \_\_\_\_\_  
South West OC (Laguna Beach, San Clemente, San Juan Capistrano, etc.): \_\_\_\_\_  
Central OC (Santa Ana, Tustin): \_\_\_\_\_  
West OC (Huntington Beach, Fountain Valley, Costa Mesa, etc.): \_\_\_\_\_

**Days Available:** Sun.: \_\_\_ Mon.: \_\_\_ Tues.: \_\_\_ Wed.: \_\_\_ Thur.: \_\_\_ Fri.: \_\_\_ Sat.: \_\_\_

**Time of Day:** Morning: \_\_\_ Afternoon: \_\_\_ Evening: \_\_\_

**COMMENTS:** \_\_\_\_\_  
\_\_\_\_\_

**For NAMIOC Office Use:**  
\_\_\_\_\_  
\_\_\_\_\_

**Live On-Line Application:**

**<http://www.namIOC.org/Services/Programs/Family-to-Family-Registration.html>**