

“Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.”

— Peter Weiden, M.D., author of *Breakthroughs in Antipsychotic Medications*



“It was a stroke of genius to train people as teachers who have a family member with a serious mental illness. Not only could they contribute ideas and knowledge from their own experience, but they also really understood what the class members are going through.”

— Class participant

I have so many questions...

- **What do I do if there is a crisis?**
- **How can I get a clear diagnosis for my relative?**
- **How can my relative and I communicate better?**
- **What local services in my community am I missing out on?**
- **What are all these medications for?**
- **What are the best treatments now available for my relative?**
- **How do I take care of myself in all of this?**

There has got to be somewhere to turn...

The Family-to-Family Education Program is sponsored by an unrestricted educational grant from Bristol-Myers Squibb and Otsuka America Pharmaceutical, Inc. Coming together in partnership with NAMI to enhance human life.

The NAMI

Family-to-Family

Education Program

Information

Insight

Understanding

Empowerment

A free 12-week course for family and friends of individuals with serious mental illness. Taught by trained NAMI family members.

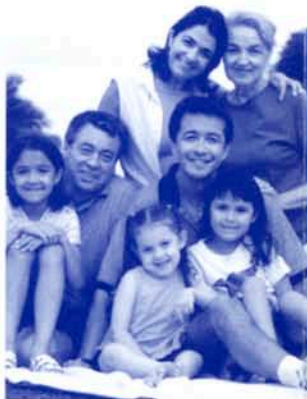




The results of a recent scientific evaluation of the effectiveness of NAMI's Family-to-Family Education Program, conducted by Lisa Dixon, M.D., at the University

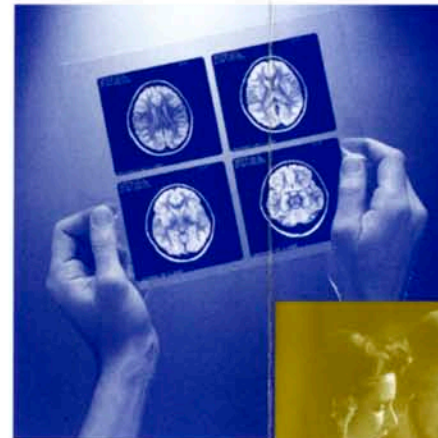
of Maryland School of Medicine and the VA, showed that course participants gained a greater understanding of mental illness, coped much better, worried less, and felt newly empowered to advocate for better treatment and services for their relative. Many family members describe the impact of taking this course as *life changing*.

The NAMI Family-to-Family Education Program wants to help you take steps toward these demonstrated goals. Across the country, this course has educated thousands of families just like yours. You will join other family members and friends with similar experiences. Start making a real difference in your life today!



Information about illnesses of the brain and their treatment:

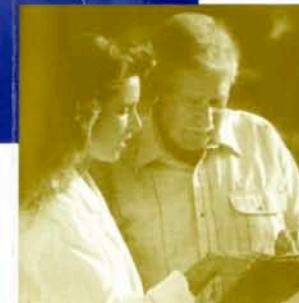
- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery



- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload

The power of advocacy:

- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services



Coping skills:

- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques



The NAMI Family-to-Family Education Program is now taught in 46 states and two provinces in Canada. The curriculum has been translated into Spanish.

Visit the NAMI website at nami.org or call the NAMI HelpLine at 1-800-950-6264