

History of the Program

The idea for a peer family education course was first developed by NAMI Vermont in 1990. In 1992, the Vermont program joined forces with NAMI Louisiana to expand their services nationally. This joint project adopted the NAMI Louisiana trademark, Journey of Hope.

NAMI proudly sponsors the original Vermont program as an integral part of its grassroots educational mission. The program has been renamed the NAMI Family-to-Family Education Program.

The NAMI Family-to-Family Education Program was designed and written by Joyce Burland, Ph.D, a family member clinical psychologist who has directed the peer family project since it began in 1990. Dr. Burland now serves as director of the NAMI Family-to-Family Education Program.

**To register, call:
Abbie Katz**

215-327-7940

The Twelve Education Modules of the Family-to-Family Course:

1. Learning about feelings....
Learning about facts.
2. Introduction to schizophrenia:
Diagnosis, critical periods.
3. Introduction to depression and bipolar illness.
4. Basics about the brain.
5. Problem-solving skills workshop.
6. Medications review.
7. What it's like to be mentally ill:
Empathy workshop.
8. Communications skills workshop.
9. Relative groups and self-care.
10. Rehabilitation.
11. Advocacy: Fighting stigma.
12. Certification and celebration.



National Alliance on Mental Illness

Find Help. Find Hope.

ATLANTIC/CAPE MAY

*Serving Atlantic and
Cape May Counties*

**FAMILY-TO-FAMILY
EDUCATION PROGRAM**

A peer family education program

**Designed to foster learning,
healing and empowerment**

Among families of individuals

With serious mental illness.

**SPRING & FALL
SESSIONS**

NAMI Atlantic/Cape

P.O. Box 1557
Absecon, New Jersey 08201

Information: (215) 327-7940
WEBSITE: [http:// www.namiac.org](http://www.namiac.org)
E-Mail: nami1557@comcast.net

About the Course...

The NAMI Atlantic/Cape Family-to-Family education course (formerly the "Journey of Hope") is a **no-cost**, 12-week program for families of individuals diagnosed with serious and persistent mental illness.

The curriculum focuses on three major psychiatric illnesses—bipolar disorder, schizophrenia, and major depression—and emphasizes the clinical treatment of these illnesses.

The curriculum also presents the knowledge and the skills that family members need when faced with the problems of mental illness.

The courses are taught by trained family members who volunteer in two-member teams. Family educators participate in an intensive weekend training seminar to prepare them to teach the course.

There is no fee to participants. NAMI New Jersey provides the training for the NAMI Atlantic/Cape family educator volunteers and the funding for initial course materials.

What the course offers...

- **Information about illnesses of the brain and their treatment:**

Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, Post Traumatic Stress Disorder (PTSD) and obsessive compulsive disorder (OCD); up-to-date information about medication compliance; discussion of the biological basis of brain disorders (mental illnesses), treatment options, and recovery.

- **Coping Skills**

Gaining empathy by understanding what a person with a serious brain disorder (mental illness) experiences; problem-solving, listening, and communication techniques; handling periods of crisis and relapse; care for the caregiver—coping with worry, stress, and overload.

- **Advocacy**

Guidance on locating appropriate supports and services within the community and obtaining better mental health services, and advocacy for appropriate federal and state policies.

Facts about

NAMI ATLANTIC/CAPE

- ◆ Founded by families in 1986.
- ◆ Independent, non-profit, self-help support and advocacy group for families with loved ones who have serious neurobiological brain disorders.
- ◆ Advocate for better services, more research, co-occurring illnesses (mentally ill chemical abuser), and the elimination of discrimination.
- ◆ Affiliated with NAMI — "The Nation's Voice on Mental Illness" and NAMI New Jersey.

Support meetings are held at 7:00 p.m. on the second Monday of each month at:

**Absecon United Methodist Church
W. Church Street and Pitney Road
Absecon, New Jersey 08201**

_____ **I am interested in receiving additional information about the Family-to-Family Education Program in my area.**

_____ **I would like more information about NAMI Atlantic/Cape.**

Name: _____

Address: _____

Telephone: Home _____

Work or Cell _____

**Send to: NAMI Atlantic/Cape
P.O. Box 1557
Absecon, New Jersey 08201**