

Press Release

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Announcing the NAMI Family-to-Family Education Course

Contact Elaine Fehrenbach

NAMI-Warren County, NJ

908-619-9619

NAMIWarrenCounty@naminj.org

NAMI Course Helps Families Cope with Mental Illness

"Family-to-Family," a **free**, 12-week course provided by the National Alliance on Mental Illness (NAMI), will be offered in Hackettstown, NJ beginning Wednesday, September 11, 2019. This nationally renowned, evidence-based course was created by NAMI to help family members and other primary caregivers deal with the issues of caring for a loved one who has a serious mental illness. The course has recently been listed on the National Registry of Evidence-Based Programs and Practices.

The illnesses covered in the course include major depression, bipolar disorder, schizophrenia, schizoaffective disorder, borderline personality disorder, and anxiety disorders such as panic disorder, post-traumatic stress disorder (PTSD), and obsessive compulsive disorder.

The "Family-to-Family" course explains the biological brain chemistry involved in mental illness, the array of medications used in treatment, and how to differentiate between mild and serious medication side effects. In addition, the course provides family members with strategies for problem solving, limit setting, and communicating in a non-confrontational manner.

With increased insight and empathy, family members can learn to keep their expectations in line with the predictable stages of the illness process. They will also come to understand the stages of emotional reaction they themselves are likely to experience as caregivers, and they will learn that they are not alone.

The comprehensive twelve-session course will be held at the HACKETTSTOWN MEDICAL CENTER 651 Willow Grove Street, (West Wing Plaza) Hackettstown, NJ 07840 in Hackettstown on Wednesday evenings, 7:00-9:30 pm, from September 11, 2019 through November 27, 2019. The course will be taught by a team of NAMI trained volunteers who have learned to cope with serious mental illness in their own families. Anyone interested should call **Elaine at 908-619-9619** or send an email to **NAMIWarrenCounty@naminj.org** as soon as possible. The course is limited to twenty participants, and pre-registration is required.