



Staff Briefing #64

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NAMI Offers Free Educational Resource for Client Families

As you know, to broaden the range and quality of services to our clients, ADMHS wants to maintain and support our strong network of consumer and family member organizations throughout the county. One **highly acclaimed educational resource** in Santa Barbara is **Family to Family**, a 12-week educational course run by the National Alliance for the Mentally Ill (**NAMI**) of Southern Santa Barbara County.

I encourage all Santa Barbara-area ADMHS clinicians to inform family members and friends of clients that the next Family to Family course is scheduled for Wednesday, **February 2**, from 7:00 to 9:30 pm in Santa Barbara. This award-winning program helps parents, spouses, siblings, and significant others deal with the issues of living with a loved one diagnosed with one of the major mental illnesses: **schizophrenia, bipolar disorder, and major depression** as well as other chronic and disabling psychiatric illnesses.

Comprehensive Curriculum

Family to Family is taught by specially-trained family members. In addition to providing basic information about the illnesses and medications, it covers coping skills such as **handling crisis and relapse, communication techniques, problem solving skills, recovery and rehabilitation**, and **self-care** for families dealing with worry and stress. Offered in Santa Barbara twice each year, the course has benefited **over 200 local families** and thousands more across the country.

How to Enroll

Family members of clients may obtain further information or reserve a place in the class by contacting **Family Advocate Kathy Hart** at the Santa Barbara Mental Health Association, **898-0129, ext 19**.

- James L. Broderick, Ph.D., Director