

## 2020 course content

### Introduction

### Policies

### Leader Skills (Formerly Heart)

### General Preparation (Formerly Nuts & Bolts)

#### Class 1: Introduction to NAMI Family-to-Family

- Introduction to NAMI Family-to-Family
- Participant introductions
- Discrimination, stigma and bias toward mental health illness
- Impact of mental health conditions on the family
- Predictable emotional responses to the mental health conditions

#### Class 2: Understanding Mental Health Conditions and Preparing for Crisis

- Positive and negative symptoms of mental health conditions
- The brain
- Genetics and inherited risks
- Environmental factors
- Preparing for and responding to crises
- Self-harm and suicide
- Crisis File

#### Class 3: Getting a Mental Health Diagnosis and Sharing Our Stories

- Public and private health care services
- Challenges when seeking a diagnosis
- Getting a diagnosis
- Understanding the diagnosis
- Advocating for care
- Reevaluating a diagnosis
- False beliefs about mental health conditions and violence
- Sharing our stories

#### Class 4: Overview of Mental Health Conditions

- Holistic health care
- Cultural sensitivity in health care
- The difference between episodes and disorders
- Depressive disorder
- Bipolar disorder
- Psychotic episodes and first episode psychosis
- Schizophrenia and schizoaffective disorder
- Post-traumatic stress disorder
- Anxiety disorders
- Obsessive-compulsive disorder (OCD)
- Borderline personality disorder
- Co-occurring mental health conditions and substance use disorders
- Anosognosia: lack of insight

### **Class 5: Treatment Options**

- Navigating systems
- Comprehensive approaches
- Collaborative care
- HIPAA: Health Insurance Portability and Accountability Act
- Treatment options
- Treatment settings
- Psychotherapeutic interventions
- Treatment providers
- Medication
- Hospitalization and Assisted Outpatient Treatment (AOT)
- Warning signs of relapse
- Biomedical approaches
- Complementary health approaches

### **Class 6: Communication Skills and Problem Solving**

- Communication skills
- Communication guidelines
- I-statements
- Reflective responses
- Problem-solving skills
- Collaborative & Proactive Solutions (CPS)

### **Class 7: Empathy and Recovery**

- Psychological impact of mental health conditions
- Psychological pain associated with any serious illness
- Protecting self-esteem with defensive coping strategies
- Guidelines for offering empathy
- Historical ideas of recovery
- Defining recovery
- The role of rehabilitation in mental health recovery
- Innovative approaches to rehabilitation
- Supported employment
- Recovery is different for everyone
- Guest speaker

### **Class 8: Moving Forward**

- Challenges associated with mental health conditions
- Family roles and perspectives
- Talking about difficult emotions
- Ways to take care of ourselves
- Celebration and graduation

### **General Resources**

### **Glossary**

### **References**