



The National Alliance on Mental Illness  
Kern County Chapter, Area of IWV/Ridgecrest

June 27, 2020

Re: NAMI Family-to-Family 8-Week Education Program  
August 18, 2020 through October 6, 2020  
Tuesday evenings from 6:00 - 8:00 p.m. (ZOOM)  
Ridgecrest, CA 93555

Dear Behavioral Health Professional:

I would like to inform you that a NAMI Family-to-Family course will be offered this August in our Community. This program is sponsored by the Kern County Chapter of the National Alliance on Mental Illness (NAMI) as part of a nationwide commitment to provide a free series of classes to help families of individuals with serious mental illness understand and cope with the challenges of this difficult life experience. Brooke Kern and Lynne Spoons are the facilitators for this course and have completed an extensive training program.

The course is suitable for spouses, partners, siblings, parents, significant others, teenage and adult children and friends who are family caregivers of people who have been diagnosed with or are experiencing symptoms of a mental health condition.

This FREE online (via ZOOM) eight session night course will be held every Tuesday from 6-8:00 p.m. beginning on August 18 through October 6, 2020. It includes coverage of the major mental illnesses, the biology of the brain, symptoms, coping skills, medications, listening and communication techniques, problem-solving skills, handling crisis and relapse, recovery and rehabilitation, what to do in a crisis, and self-care during times of worry and stress. Computer and internet access are necessary.

NAMI Family-to-Family Education Program has been added to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices. Some of the F2F Education course benefits found by the 2008 study, published in the American Journal of Community Psychology, were stress reduction, emotional support, development of a framework for understanding their loved one, and practical skills to respond to their individual situational challenges.

Pre-registration is required. To obtain information, or to register, call Brooke (760) 608-4285 or Lynne (760) 793-0990.

Sincerely,

A handwritten signature in cursive script that reads "Janet Mulvihill".

Janet Mulvihill  
NAMI Kern County  
Area of Ridgecrest Representative  
j\_mulvihill@hotmail.com  
1-760-384-8672

## Education Program

### What is NAMI's Family-to-Family Education Program?

The NAMI Family-to-Family Education Program is a free, 8-week course designed for loved ones (over age 18) of individuals living with mental illness.

- The course is taught by trained family members of individuals living with mental illness.
- All instruction and course materials are free to class participants (Courtesy KCMH & NAMI)
- Over 115,000 family members have graduated from this national program.
- Incorporates presentations, discussion and exercises.
- Designated an Evidence Based Practice in 2013 by SAMHSA.

### What does the course include?

- 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
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

---

## SAVE THE DATE

**Ridgecrest Class: Eight Tuesdays – August 18 through October 6, 2020**

**6:00 p.m. to 8:00 p.m.**

**ZOOM, Computer and internet access is necessary**

To reserve your spot contact:

**Lynne (760) 793-0990**

**Brooke (760) 382-9463**

**PRE-REGISTRATION REQUIRED**