NAMI New Hampshire
National Alliance on Mental Illness

FAMILY TO FAMILY
EVALUATION SUMMARY

FAMILY TO FAMILY provides participants with a relaxed, trusting and safe environment where they can develop the insight, skills and emotional understanding they need to support the recovery of their loved one. This course is open to family members and friends of adults with mental illness. **Family to Family** teachers are volunteer, illness-experienced family members who have been trained and certified by NAMI NH to teach the course. The 12-session course is offered in the spring and fall in communities around the state at no cost to participants.

The Family to Family Curriculum Covers:

- How to cope with symptoms, support their loved one in a crisis, promote recovery and manage the stressors that come with the caregiver role.
- Mental health diagnoses.
- Medications.
- Treatment options.
- How to access and advocate for mental health services.

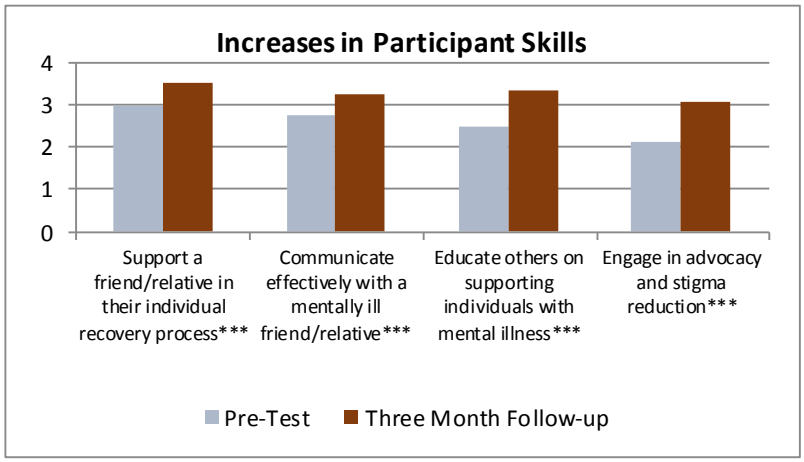
EVALUATION RESULTS

The **Family to Family** program is evaluated using a pre-test administered during the first class, a post-test administered during the final class and a three month follow-up evaluation sent to participants by mail and/or email. The survey focuses on knowledge and the application of skills covered during the course.

From fall 2010 through fall 2017, 689 family members have participated in the evaluation while attending this program.

Upon completion of the program, participants displayed:

- An average increase of 24%*** on ratings of participant knowledge.
- Significant increases in their ability to support a friend/relative's recovery process, communicate effectively with their friend/relative, educate others on supporting individuals with mental illness and engage in advocacy and stigma reduction efforts.



Significance Levels: *p<0.05, **p<0.01, ***p<0.001

QUOTES FROM PARTICIPANTS

- *"You are not alone and that although none of us have all the answers to our questions about the mental illness of our loved one, NAMI can provide resources, support, and understanding.*
- *"The wealth of information provided is invaluable, and the warmth and compassion of instructors is so powerful in helping class members deal with our ill relative"*
- *"I now have the tools to help my son with his major depression and a direction to go in. Family to family demystified mental illness."*
- *"Because of the Family to Family Program I was able to build a better relationship with my son."*

For more information: Contact Liz Hodgkins at lhodgkins@NAMINH.org or visit www.naminh.org

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