

# Training

**LENGTH:** Full or half day curriculum

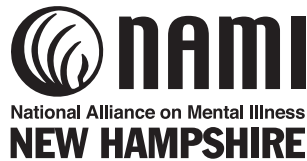
**PARTICIPANTS:** Paraprofessionals, professionals who work with families whose lives are affected by mental illness

**GOALS:** Participants will

- gain new insight into the family experience of living with a loved one with mental illness and how they can support the family
- learn new strategies for effective communication and problem solving that can be taught to families
- examine their own biases/attitudes about mental illness and the role of the family
- review the common disorders and learn strategies to teach families how to communicate with a loved one who is symptomatic
- understand the importance of teaching family members about self care and how as providers they must “practice what they preach”
- learn about local, state and federal resources

**LOCATION(S):** NAMI NH or local communities

**FOR COST AND COMPREHENSIVE INFORMATION:** To schedule or attend a training workshop contact NAMI NH at 603.225.5359 or email [info@NAMINH.org](mailto:info@NAMINH.org)



## WORKING WITH FAMILIES COPING WITH MENTAL ILLNESS

WORKING WITH FAMILIES COPING WITH MENTAL ILLNESS is a comprehensive and interactive full/half day training for individuals who are working with families. Providers are asked to address the many needs of families who may have a child/adolescent with serious emotional disorders and/or a spouse, parent, significant other or sibling with mental illness. Often the individual's/family's needs are challenging due to the diversity of the family and the availability of (or lack of) community-based services.

This training will provide the chance for those working with families to gain new insights and knowledge that can enable them to successfully engage family members and improve the outcome for the individual with serious emotional disorders/mental illness.

This training offers participants an opportunity to learn new strategies to address family's needs through a *Life Interrupted* presentation. This presentation is made by family members who will share their perspective of living with a loved one with mental illness, the impact of the illness on the family member(s) as individuals and as a unit, and how providers can alleviate some of the frustrations and pain. Using a case study, discussion, empathy exercises and group activities, participants will explore their own biases and attitudes toward mental illness, learn new tools that can be shared with families to improve problem solving and communication skills so families may become partners in the treatment process.

An overview of common disorders will be presented and participants will be taught effective communication techniques that can be utilized when an individual is symptomatic.

**NAMI NH 15 Green Street, Concord, NH 03301  
603.225.5359 or 1.800.242.6264 • [www.NAMINH.org](http://www.NAMINH.org)**

Each participant will receive a training packet that will include science-based information, handouts on communication and problem solving strategies, a Guidebook and a list of resources for specific age groups.

As one provider shared in an evaluation “ *I felt I gained a lot. The family perspective was so helpful and raised my awareness of their needs. The strategies and suggestions on communication and problem solving will be things I will certainly use!*”

**NAMI NH** is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.

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