

# DON'T MISS THIS FANTASTIC **FREE** OPPORTUNITY!

## WHAT?

**NAMI Provider** – a 5-week training designed to provide a penetrating, subjective view of consumer and family experiences with serious mental illness to staff at provider agencies. Emphasis is placed on the involvement of individuals with a mental health condition in the challenging work of provider-staff training. **Hundreds of DMH staff have already participated across the state, as well as staff from several other agencies locally.**

This training is designed by Joyce Burland, Ph.D. (Psychologist, author of The NAMI Evidence-Based *Family-To-Family* Education Program, and family member).

## WHO?

Intended for any staff or other professionals interacting with clients/families (**1.5 CEUs are available through SCDMH to DMH employees**). **NAMI SC will provide a certificate validating 15 hours of education to all non-DMH participants.** You must attend all 5 classes to receive either certificate of completion or CEUs.

## WHEN?

**Course begins April 29th (for 5 consecutive Wednesdays)  
1:00 pm – 4:00 pm**

## WHERE?

**Palmetto Lowcountry Behavioral Health, 2777 Speissegger Dr.,  
North Charleston**

## WHY?

- ✓ Learn how to make your job easier & less stressed.
- ✓ Feel good about what you do & see the positive results in the families/clients we serve.
- ✓ It's free!
- ✓ Take a break from your busy day & gain some new tools for your work.
- ✓ Encouraged and fully supported by SC Dept. of Mental Health.

## HOW?

**Register by contacting: Toni Smallwood, NAMI Charleston Area President at 843-284-3091 or [info@namicharlestonarea.org](mailto:info@namicharlestonarea.org).**

**Registration deadline: Tues., April 21st or when class is filled. (Limit of 25 – register soon!)**

**Every Wednesday April 29th through May 27th, 2020 from 1:00 pm - 4:00 pm**

## **COURSE CONTENT:**

### **CLASS 1 - ORIENTATION:**

- Team introductions;
- Key principles guiding the course;
- Group exercise in building mutual respect and protection;
- The personal and family experience in critical period of mental illness

### **CLASS 2 - CLINICAL BASES:**

- Basic principals of secondary prevention/intervention in community psychiatry;
- Clinical strategies for responding to psychological trauma;
- Secondary prevention stage models of family/consumer emotional adaptation to mental illness;
- Group exercise to determine consumer and family needs in critical periods of mental illness (Stage I).

### **CLASS 3 - RESPONDING EFFECTIVELY TO CONSUMER AND FAMILIES IN STAGE**

#### **II- Learning to Cope:**

- The cascade of secondary traumas when families cope alone;
- Understanding symptoms as stressors (group exercise);
- Other significant stressors complicating passage through Stage II (adverse effects of psychotropic drugs);
- Stages of adherence to medication;
- Co-occurring brain and addictive disorders;
- The trauma of incarceration and attempted suicide.

### **CLASS 4 - INSIDE MENTAL ILLNESS:**

- Gaining empathy and understanding of what it is like to contend with the psychological impact of brain disorders;
- Understanding defensive coping strategies to protect against loss of identity and demoralization;
- Reiterating our appeal for trauma informed care;
- Up from obscurity;
- The whole family experience.

### **CLASS 5 - WORKING TOWARD RECOVERY:**

- Suggested confidentiality guidelines;
- Case Study: How to frame collaborative work with consumers and their family;
- Recovery as conscious choice and action;
- Certificates/Celebration.

## **HERE ARE SOME OF THE POSITIVE COMMENTS OF YOUR PEERS THAT HAVE ATTENDED PREVIOUS TRAININGS.**

### **1. Tell us about your overall impression of the Family Education Course for Professional Providers.**

“I was truly impressed by the insight and candid realistic awareness of how to educate, share, give hope and expand on the perils of the illness. Likewise in the same manner exposed, was the progress of the discipline of mental health.”

“The course has been refreshing and inspirational.”

“Excellent course and training. Very informative and moving.”

“As I reflect upon the first impression and how sincere the panelist were in their presentations, I am convinced that this is a wise choice of teaching staff how to naturally work with our clients.”

### **2. What did you like most about the course?**

“The honesty and sharing, most current information, the fact that it will forever impact how I practice.”

“The way it was presented and the information shared by the presenters and the handouts.”

“The actual life stories given by consumers and members of their family. Also the information on the research into the biological bases of mental illness. Very impressed with all the information given.”

“It would be easier to ask what I liked least, since it all was great.”

### **3. Would you recommend this course to colleagues at your agency and other agencies?**

“This course is a must. It will help in all aspects of work and life.”

“Yes! Yes! Yes! I'd tell them that the insights they can gain from the course are well worth the time spent in class.”

“Yes and Yes. I will recommend to other staff and to staff from other agencies that work with our clients.”

“Yes, I would tell them to expect a mental change about mental illness after completion of the program.”