

We are taking reservations for our next NAMI Basics Class.

**Time, day and location
(Middlefield, Chardon, or
Chesterland)) to be determined
by interest.**

Classes fill up quickly!

Fill out and mail the registration on the back
of this flap today.

For more information about classes,
educational speaker meetings, support
meeting or membership in NAMI Geauga
County visit our webpage at:
www.nami.org/sites/namigeauga or call us at:

440-286-NAMI (6264)

or email: LREED@namigeauga.org



Education materials are supported by:



The Gauga Board
of Mental Health and
Recovery Services

NAMI Basics Education Program found Effective in 2008 Pilot Study:

Parents and other caregivers of children and adolescents with mental illness show multiple gains from their participation in NAMI Basics, NAMI's newest signature education program. Based on questionnaires completed by class members in Illinois, South Carolina and Utah before and after taking the six NAMI Basics classes, the study showed participants had benefited from the course in all areas being measured.

Parents and caregivers indicated they:

- Knew more about the illnesses themselves
- Knew more about the treatment strategies available to them
- Were better able to advocate for their children with the mental health, school and other systems involved in their child's care.

Developed in 2007, NAMI Basics is taught by two trained parent teachers using a detailed curriculum. Participants in the pilot classes also reported believing that they had achieved the major goals of the program, which include:

- Giving parents/caregivers the fundamental information they need to be effective as a caregiver
- Helping parents/caregivers cope with the traumatic impact that mental illness has on the child living with the illness and the entire family.
- Providing tools for parents/caregivers to use even after completing the program that will assist them in making the best decisions possible for the care of their child.
- Helping the parent/caregiver take the best care possible of the entire family, and to practice self care as an essential priority.

The pilot evaluation was conducted by Missouri State University by Dr. Paul Deal. NAMI sincerely appreciates the parents and caregivers who participated in the pilot study and salutes the many teachers who took on the additional tasks of helping with this evaluation project.

Brochure revised January 6, 2012, lr

Need Help Coping with Your Child or Teen's Illness?



NAMI Basics Parent Education Program

A Free 6 Week Course
Offering Education and Support
to Families Who Have a Child or
Teen with a Mental Illness

**Time, day and location
(Middlefield, Chardon or
Chesterland) to be determined
by participant interest.**

Questions? Call 440-286-NAMI (6264)
or visit: www.namigeauga.org
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or email LREED@NAMIGEAUGA.ORG

NAMI Basics Education Program. . .

is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

The goals of the NAMI Basics program are: To give the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and themselves.

To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family. To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

The course consists of six weekly classes, each lasting for 2 ½ hours. All instruction materials are FREE to participants.

Time, day and location (Middlefield, Chardon or Chesterland) to be determined by class interest.

We look forward to meeting you!

The NAMI Basics Topics

Week 1 Introduction: It's not your fault; Mental illnesses are brain disorders; learning about normative stages of our emotional reactions to the trauma of mental illness; our belief system and principles; recognizing that mental illnesses are biological brain disorders

Week 2 The biology of mental illness; getting an accurate diagnosis; overview of human development; specifics of brain development; current research on brain mechanisms involved in mental illness in children and teens; overview of the diagnostic process; overview of the types and subtypes of major mental illnesses that can develop in childhood and adolescence (ADHD, ODD, CD, Major Depression, Bipolar Disorder, Anxiety Disorders, Schizophrenia, OCD and Substance Use)

Week 3 Treatment Works; telling our stories; overview of treatment options available, explanation of evidence base practice designations; review of various types of mental health professionals in the field; overview of medication as a treatment option for children and adolescents, including the current debate within the field on the subject of treating children and adolescents with medications, including black box warnings

Week 4 Objective and subjective family burden; strains of family burden and the impact of mental illness on each family member; learning various skills that can be used to improve day to day communications within the family as well as during episodes of crisis; communication skills, problem solving skills, tips for handling challenging behavior; crisis preparation and response, developing a relapse plan

Week 5 The systems involved with your child and the importance of record keeping; learning how to keep records on your child; reviewing a sample record keeping system; overview of the systems your child may be involved with including the mental health system, the school system and the juvenile justice system; introduction to issues that will arise as your child reaches adulthood

Week 6 Advocacy, Review, Sharing and Evaluation; Building an advocacy team for your child; meet people who are resources for you in advocating for your child; invitation to join NAMI in the fight to end discrimination and ensure access to appropriate treatment services; reminders about self-care, evaluations and certificates

NAMI Basics is free. Register now!

I am interested in registering for the next session of NAMI Basics:

Name _____

Address _____

City _____

Zip Code _____

Phone _____

Cell _____

Email _____
(please print very clearly for accuracy)

mail registration to:



11850 Mayfield Rd. #1
Chardon, OH 44024

or email above information to Linda Reed at:

LREED@namigeauga.org