

NAMI MS is currently offering or preparing to offer the following classes:

The NAMI Basics Education Program was developed in 2007. It is designed specifically for parents and other caregivers of children and adolescents who have either been diagnosed with a mental illness/serious emotional disturbance or who are experiencing symptoms but have not yet been given a formal diagnosis. The goals of the NAMI Basics Program are:

- * To give fundamental information needed to be effective as a caregiver
- * To help coping with the traumatic impact that mental illness has on the child living with the illness and the entire family
- * To provide tools that are beneficial even after completing the program that assist in making the best decision possible for the care of the child
- * To help parents take the best care possible for the entire family...especially yourselves

There are NAMI Basics classes coming soon for more information contact Sonya Taylor-Young at syoung-taylor@namims.org or (601)899-9058 Or toll free at (800)357-0388 for more information or to register for an upcoming class.

There are also classes for Family members of adults with Mental Illness. Family to Family classes are provided by NAMI free of charge to those family members of adults with mental illness who would like more education about their loved ones illness and related topics (listed below) Family to Family is taught by two trained family members of loved ones with mental illness, so that you not only get the latest information, but real life lessons from those that have been there themselves.

The course is 2 1/2 hours a night one night a week for twelve weeks. The next course begins Tuesday, March 15th from 6:30 - 9:00 in classrooms 2 & 3 at Garden Park Hospital in Gulfport.

You MUST REGISTER to take the classes. You may do so by contacting Ann Jensen at ajensen@namims.org or (601)899-9058 or (800)357-0388.

- **Current information about schizophrenia, major depression, bipolar disorder, panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders & Post Traumatic Stress Disorder**
- **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**
- **Learning in 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**

NAMI also has several classes for persons with mental illness coming up soon for more information or to registrar for any of the following classes please contact Sandra Caron.

Sandra can be reached at (601)899-9058, toll free at (800)357-0388 or via email scaron@namims.org

Peer to Peer

NAMI Peer to Peer training is designed for consumers of mental health services. Peer to Peer is taught over a ten week period.

- Peer-to-Peer consists of ten two-hour units and is taught by a team of two trained "Mentors" and a volunteer support person who are personally experienced at living well with mental illness.
- Mentors are trained in an intensive three day training session and are supplied with teaching manuals.
- Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and

to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

NAMI Peer to Peer like all of NAMI's programs are given at no charge. However registration is required please contact Sandra Caron for more information or to registrar.

In Our Own Voice

NAMI **In Our Own Voice** (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. In Our Own Voice covers several areas: Dark Days, Acceptance, Treatment, Coping Skills and Successes Hopes and Dreams. As compelling for those who give it as it is for the audience. A peek into the journey a person with mental illness takes to recovery.

If you are interested in having an In Our Own Voice presentation given to your group. (your church, local civic organization, your office etc.) Please contact Sandra Caron at (601)899-9058 or toll free at (800)357-0388 or via email **scaron@namims.org**

NAMI MS is also looking for consumers who may be interested in learning to give one of these powerful presentations. If you are interested in learning to tell your story please contact Sandra to **registrar** for an upcoming training.

NAMI Connections Consumer Support Group Facilitator Training

NAMI Connections is a **free** recovery **support group** program for adults living with mental illness that is currently available in over 300 communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope and provide a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group meets for 90 minutes and is led by trained individuals who are in recovery themselves. Connections support groups are a safe space where consumers can go and share experiences, no providers, family members or students- just consumer to consumer.

If you are interested in going to a support group or learning to lead one yourself please contact Sandra Caron at (601)899-9058 or toll free at (800)357-0388 or via email **scaron@namims.org**