

What is the Family-to-Family Education Course?

What is it? The Family-to-Family course consists of a series of classes for family members of adults with serious and persistent mental illness as well as those whose behaviors suggest such a diagnosis. It is designed to help families face the challenges of brain disorders and find support, resources, and coping strategies. The course is provided free of charge.

What is the format? It is an experiential education course on mental illness that meets twelve weeks, two and a half hours per week. The course uses a combination of lecture, interactive exercises and group processes.

What is the curriculum? Brain Biology, Schizophrenia, Major Depression, Mania and Schizoaffective Disorder, Mood Disorders, Borderline Personality Disorder, Anxiety Disorders, Dual Diagnosis, Basics About the Brain, Problem Solving Skills, Medication Review, Empathy and Understanding, Communication Skills, Self-Care, Recovery, Advocacy, Review and Evaluation.

Who can take Family-to-Family? The Family-to-Family course is designed for families, friends or partners of persons with serious brain disorders; schizophrenia, bipolar disorder, major depression, panic disorder and obsessive-compulsive disorder – families with a teenager with a serious emotional disturbance are also welcome. Families – includes parents, brothers, sisters, daughters, sons, granddaughters, grandsons, cousins, and extended family including significant others and nontraditional families. Consumers who have a family member with mental illness may take the course and professionals who have a family member with mental illness may also take the course.

How are teachers trained? Family members who have completed the Family to Family course attend a training session sponsored by NAMI Florida. The training consists of a rigorous 3-day workshop and ends with a certification process. The training is free to prospective teachers.

What does it cost to take the course? Family-to-Family is offered at no cost to the participant and class materials such as manuals, notebooks, handouts etc. are provided by NAMI Family-to-Family Instructors. The material is copyrighted by NAMI and may not be reproduced or used without written permission from Dr. Joyce Burland. NAMI Fact Sheets may be reproduced for distribution.