



A **FREE** education course for parents and caregivers of children with emotional, mental and neurobiological disorders.

The NAMI Basics six-week course is taught by trained teachers who are themselves the parent or caregiver of a child or adolescent who developed the symptoms of mental illness during childhood.

Illnesses discussed

- Attention deficit disorder
- Major depression
- Bipolar disorder
- Conduct disorder
- Oppositional defiant disorder
- Anxiety disorders Obsessive compulsive disorder
- Childhood schizophrenia
- Substance abuse disorders
- Borderline Personality Disorder

To read more about the research and development of NAMI Basics, see www.nami.org

About NAMI Orange County NC

NAMI Orange County NC was founded more than 20 years ago by a group of family members who wanted to improve the mental health services available to their loved ones.

Today, as a local affiliate of the National Alliance on Mental Illness and NAMI of North Carolina, NAMI Orange County is dedicated to improving the lives of family members, friends, and persons with mental illness through education, outreach, support, referral and advocacy.

NAMI Basics

Caring for you, your family and your child

NAMI Durham County, your local affiliate of the National Alliance on Mental Illness and NAMI of North Carolina, invites you to attend the free NAMI Basics course for parents and caregivers:

Beginning Saturday, March 9th for 3 weeks

Seymour Senior Center

2551 Homestead Rd., Chapel Hill

9:00 a.m. to 2:00 p.m.

**Registration preferred- Call/email Barbara Maier
919-929-7822 or bmaier.namioc@gmail.com**

Subjects covered

- Introduction to the stages of emotional reactions of the family to mental illness
- Understanding of the lived experience of the child living with the mental illness by learning to separate the child you love from the illness that alters their behavior and abilities
- Current research about the biology of mental illness and the most effective treatment strategies
- Problem solving, listening and communication skills, as well as examples of strategies for handling challenging behaviors
- Information about local school and mental health systems
- Personal record keeping systems that have proven to be effective for parents or caregivers in the interactions with the school and health care systems
- Strategies in planning for crisis management and relapse
- Information on locating community supports and services to build a system of support for the parent and caregiver

NAMI Basics

Proven results with families

The NAMI Basics curriculum was tested nationally with statistically valid results. Parents and caregivers completing the course report they learned more about their children's illnesses, treatment strategies available to them and were better able to advocate for their children with the mental health, school and other systems involved in their children's care.

Course goals

- To give parents and caregivers the basic information necessary to provide the best care possible for their whole family.
- To help parents and caregivers plan for and cope with the impact mental illness has on the child living with the illness – and on the entire family.
- To provide tools for parents and caregivers to help them evaluate ongoing and long-term care of the child.



For more information about all of NAMI Orange NC's programs, support groups and public education meetings visit us at: namiorangenc.org