

LEARNING YOUR CHILD HAS AN EMOTIONAL/MENTAL OR NEUROBIOLOGICAL DISORDER CAN BE OVERWHELMING. CARING FOR THAT CHILD CAN BE AN EXTRAORDINARILY DIFFICULT TASK FOR ANY PARENT. HURDLES TO OVERCOME MAY INCLUDE EDUCATING YOURSELVES ON THE ILLNESS AND MEDICATIONS, COPING WITH SOCIAL STIGMA, DEALING WITH INSURANCE COMPANIES AND RAISING SIBLINGS THAT ARE WELL OR MAY HAVE PROBLEMS OF THEIR OWN. THE HAND-TO-HAND FAMILY EDUCATION PROGRAM HAS BEEN DEVELOPED TO ADDRESS THESE CONCERNS, HELP PARENTS TO COPE WITH THESE UNIQUE STRESSES AS WELL AS TO ASSIST PARENTS IN CARING FOR THEIR OWN WELL-BEING.



THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) IS A FAMILY AND CONSUMER GRASS-ROOTS ORGANIZATION. NAMI PROVIDES SELF HELP SUPPORT AND ADVOCACY FOR PEOPLE AND THEIR FAMILIES LIVING WITH SEVERE MENTAL ILLNESS. THIS PROGRAM IS SPONSORED BY A GRANT FROM THE OHIO DEPARTMENT OF MENTAL HEALTH THROUGH NAMI OHIO. NAMI OF GREATER TOLEDO IS THE AUTHOR AND SOLE PROPRIETOR OF THE HAND-TO-HAND CURRICULUM.

FUNDING FOR THE DEVELOPMENT OF THE HAND-TO-HAND CURRICULUM WAS COURTESY OF THE TOLEDO COMMUNITY FOUNDATION AND THE STRANAHAN FOUNDATION.



HAND-TO-HAND  
BROUGHT TO YOU IN COOPERATION WITH  
NAMI OHIO  
NAMI OF GREATER TOLEDO  
THE OHIO DEPARTMENT OF MENTAL HEALTH

# NAMI OHIO AND NAMI GREATER TOLEDO PRESENTS



## HAND-TO-HAND FAMILY EDUCATION PROGRAM

AN EDUCATION PROGRAM DESIGNED TO FOSTER LEARNING, HEALING AND EMPOWERMENT AMONG PARENTS AND FAMILIES OF CHILDREN WITH EMOTIONAL/MENTAL/NEUROBIOLOGICAL DISORDERS.

**H**AND-TO-HAND CONSISTS OF A SERIES OF 9 WEEKLY CLASSES AND HAS BEEN DEVELOPED AND IS TAUGHT BY FAMILY MEMBERS, WHO ARE PART OF NAMI.

**Y**OU WILL BE JOINING OTHER FAMILIES WITH CHILDREN OR TEENS WITH SERIOUS MENTAL/EMOTIONAL DISORDERS INCLUDING MAJOR DEPRESSION, BIPOLAR DISORDER, CHILDHOOD SCHIZOPHRENIA, ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD), OBSESSIVE COMPULSIVE DISORDER (OCD) AND ANXIETY DISORDER, AMONG OTHERS. THE PROGRAM'S DUAL FOCUS ON EDUCATION AND PERSONAL INSIGHT PROVIDES A COMPREHENSIVE SERVICE FOR COPING PARENTS.

**I**N ADDITION TO THE HAND-TO-HAND FAMILY COURSE YOUR LOCAL NAMI AFFILIATE HAS RESOURCES TO HELP

YOU AND YOUR FAMILY. PLEASE CONTACT THEM FOR FURTHER INFORMATION.



## WHAT THE COURSE OFFERS

### INFORMATION ABOUT ILLNESSES OF THE BRAIN AND THEIR TREATMENT:

- EXPLANATION OF DISORDERS SUCH AS ADHD, MAJOR DEPRESSION, CHILDHOOD SCHIZOPHRENIA, BIPOLAR DISORDER AND OCD AS WELL AS TIPS FOR UNDERSTANDING YOUR CHILD'S DIAGNOSIS;
- CURRENT INFORMATION ABOUT MEDICATIONS, SIDE-EFFECTS AND PROBLEMS WITH MEDICATION COMPLIANCE;
- DISCUSSION OF THE BIOLOGICAL BASIS OF MENTAL ILLNESSES, TREATMENT OPTIONS AND RECOVERY;

### COPING SKILLS:

- GAINING EMPATHY BY UNDERSTANDING WHAT A CHILD WITH A SERIOUS MENTAL ILLNESS EXPERIENCES;
- UNDERSTANDING SPECIAL EDUCATION NEEDS AND WORKING WITH JUVENILE JUSTICE;
- HANDLING PERIODS OF CRISIS AND RELAPSE;

### ADVOCACY:

- GUIDANCE ON LOCATING APPROPRIATE SUPPORT AND SERVICES WITHIN THE COMMUNITY AND OBTAINING BETTER MENTAL HEALTH SERVICES.
- ADVOCACY FOR APPROPRIATE FEDERAL AND STATE POLICIES.

**I**F YOU ARE A FAMILY WHO COULD BENEFIT FROM NAMI'S HAND-TO-HAND PROGRAM OR KNOW SOMEONE WHO MIGHT BENEFIT, PLEASE CONTACT 1-800-686-2646 OR SEND IN THE REGISTRATION FORM BELOW. THERE ARE NO FEES FOR THESE CLASSES.



**YES!** PLEASE REGISTER ME FOR YOUR 9 WEEK HAND-TO-HAND PROGRAM.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

COUNTY \_\_\_\_\_

NAMI AFFILIATE: \_\_\_\_\_

YOU WILL RECEIVE AN OFFICIAL HAND-TO-HAND CERTIFICATE OF COMPLETION (CLASS PARTICIPATION AND PERFECT ATTENDANCE REQUIRED)

PLEASE SEND THIS REGISTRATION FORM TO: