



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

Movie Night -- Canvas

January 2009 from

www.facesva.org/pdf/articles/movie_night_canvas_jan2009.pdf

The more people know and understand about anything, the better they are able to see and accept it. You can help change the view of brain disorders such as depression, bi-polar disorder, schizophrenia and schizo-affective disorder by becoming educated about the illnesses and by encouraging others to learn about them.

Invite a friend or neighbor to join us for movie night on January 27, 2009 for a showing of the movie CANVAS. This could be an opportunity to begin or continue to educate ourselves and others in the community.

The following is a list of some of the topics covered in the FACES Educational course which will be offered again in the spring. Education makes a difference.

GET BEYOND INITIAL DENIAL

Accept that this is an illness that you will be dealing with for an extended time.

BECOME EDUCATED ABOUT YOUR FAMILY MEMBERS ILLNESS AND MEDICATIONS

- Read books and anything you can get your hands on.
- Get on the internet.
- Take a course on brain disorders.

LEARN HOW TO SUPPORT YOUR FAMILY MEMBER.

As families, you need information about the following:

- How to minimize relapse/risk for relapse (know your family member's coping skills)
- How to respond when there is a crisis
- How to determine realistic goals and expectations
- How to help him/her manage stress
- How to deal with specific behaviors. (hallucinations, delusions, substance abuse, poor hygiene, bizarre behavior in public, etc.).
- How to COMMUNICATE (things to do/say and things not to do/say)

DEVELOP SKILLS FOR DEALING WITH MENTAL HEALTH PROFESSIONALS

Develop a good relationship and open communication with key individuals who are providing services to your relative. Let people know that you appreciate their efforts.

TAKE CARE OF YOURSELF. DEVELOP YOUR OWN COPING SKILLS.

How to manage YOUR stress

LEARN HOW TO BALANCE THE NEEDS OF YOUR ILL RELATIVE WITH THE NEEDS OF OTHER FAMILY MEMBERS.

CONNECT WITH OTHER FAMILIES.

SUPPORT GROUPS

LEARN TO FORGIVE

Yourself for things you say or do that are not helpful to your family member.

Your family member for things s/he does that may feel hurtful but are a result of the mental illness.