

FAMILY EDUCATIONAL WORKSHOPS

Presented By:

INTENSIVE FAMILY SUPPORT SERVICES OF BERGEN COUNTY

Series #1

These workshops are for families who have an adult relative with a mental illness. Family Education is an eight week program that meets from 7 p.m. to 9 p.m. at

BERGEN REGIONAL MEDICAL CENTER: Behavioral Health Building, Room E218
230 East Ridgewood Ave., Paramus, NJ 07652

If interested in attending, please contact Intensive Family Support Services
(201) 646-0333 ext. 251, 252 or 253

WEEK 1: January 17, 2017

REVIEW OF MENTAL ILLNESS

Presented by Robin Foley, MS, APN

Discussion of Schizophrenia, Major Depressive Disorder, Bipolar Disorder and other mental illnesses

WEEK 2: January 24, 2017

PSYCHOTROPIC MEDICATIONS

Presented by Dr. Jack Dang, Medical Director at CBHCare, Inc.

Learn important facts about medications that treat mental illness

WEEK 3: January 31, 2017

BERGEN COUNTY'S ADULT MENTAL HEALTH SYSTEM

Presented by Eric Arnesen, Recovery Resource Specialist at Advance Housing, Inc.

Discussion of the mental health services available to adults within our community

WEEK 4: February 7, 2017

RESOURCES FOR OLDER ADULTS AND THEIR CAREGIVERS

Presented by a representative from Bergen County's Division of Senior Services

Discussion will include Medicare, MLTSS, care management, and general information

WEEK 5: February 14, 2017

A VIEWING AND DISCUSSION OF PBS SPECIAL, "RIDE THE TIGER: A GUIDE THROUGH THE BIPOLAR BRAIN"

WEEK 6: February 21, 2017

ASSISTED OUPATIENT TREATMENT SERVICES

Presented by James Nono, AOTS Director

Learn how involuntary outpatient commitment can offer an alternative to inpatient commitment

WEEK 7: February 28, 2017

SELF CARE FOR THE CAREGIVER

Presented by Dr. Norma Uranga, Integrated Lifestyle Coach

Are you so involved in caregiving that you've neglected yourself?

Learn various methods to deal with caregiver stress, including mindfulness, meditative practices, and other relaxation techniques

WEEK 8: March 7, 2017

RECOVERY

Presented by Tammy Smith, Mental Health Advocate, Case Manager, and Public Speaker for NAMI

This is a dynamic, inspiring presentation from someone who has a very personal experience with mental illness. Tammy conveys hope that recovery is possible.