

Center for Forensic Psychiatry
Family Education Program



Families Helping Families

This is a group for everyone who is interested in learning about mental illness, supporting your loved one, and taking care of your own emotional health. *We meet on the second Saturday of each month*
Everyone is welcome!

November 10th, 2012

We viewed a documentary film called **"I'm Still Here."** It was about the experience of being mentally ill. The movie allowed us to look into the lives of individuals and their families, who have or had promising careers and how mental illness has impacted their lives. It showed individuals that were able to receive treatment and rebuild their lives. It also illustrated how some individuals would not respond to the treatments available. The issues raised by this movie seemed to parallel group members' experiences with mental illness and their loved ones.



Knowledge unlocks many doors!

December 8th, 2012

Our scheduled speaker Jacqueline Castine was not able to present due to being ill. Group members discussed the **Holiday Season** and dealing with the challenging feelings of being separated from their loved ones. Coping strategies which have worked in the past were shared by group members. We also viewed last year's pictures of holiday decorations on the patient's unit as well as viewed pictures of the patient living areas. Family members stated that having a visual awareness of the center and where their loved ones spent their time, helped some with the mixed emotions of this season.

Look us up on line. The Center for Forensic Psychiatry has a new Internet Website. You can view our calendar of scheduled meetings and the newsletter which will list the topics of upcoming meetings.
www.michigan.gov/mdch/ choose <Mental Health & Substances>, then <Mental Health & Developmental Disability>, then <Hospitals and Centers>, then <Center for Forensic Psychiatry> then <Family Support>.

Co-facilitators: Kelly Burse, Donald Riffenburg & Eugenia Ramon (734) 295-4355

March, 2013

January 12th, 2013

Ms. Cathy Ward, LMSW, ACSW, Director of Social Work and NGRI Liaison presented on **"The NGRI Process."** Group members were provided with an overview of the NGRI Legal status and how the NGRI committee oversees patients on this status. Various group members were able to ask questions which Ms. Ward did a great job of responding to. Ms. Ward received excellent reviews by group members for being able to clarify this complex topic.

February 9th, 2013

We enjoyed our 14th annual **Valentine's Luncheon** where family, friends and loved ones living at the CFP shared in a party atmosphere, salad, pizza, submarine sandwiches, valentine's chocolates and strawberry short cake. Our staff was praised by group members and CFP patients for their efforts in making this luncheon possible. We played games and spent quality time together. Due to bad weather we missed some group members who were snowed in.

Just a reminder...September 14th, 2013 is our Annual Picnic. Please remember that in order to participate in this event you must be a group member and have attended a minimum of three meetings from March to August. If you cannot attend the August meeting, please sign up for the Picnic by calling (734) 295-4355. Limit-3 family members per patient.

News about Future Meetings:

March 9: Dr. Jean Kanitz, PhD, will present on **Cognitive Behavioral Therapy and Schizophrenia**

April 13: We will view a film: **"Living With Schizophrenia."** A video for people with mental illness and those who care about them

May 11: Speakers Leon Judd, President and Mary Ellen Judd, Education and Community Outreach for NAMI Metro (Oakland, Wayne and Macomb Counties) will address family education issues and provide support

June 8: Susan Casha, O.T.R.L. will present on the **Rehabilitation Services Program** offered at the CFP and conduct a tour of Main Street

Please join us... We look forward to meeting you.