

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 9, 2013**

Larry Ackerman and Linda Burghardt from the National Alliance on Mental Illness (NAMI)-Michigan Chapter presented on the topic of "Good Self Care" for families of Patients in Long-Term Care. Larry is the Office and Consumer Program Coordinator for NAMI-Michigan in Lansing and is a great source of support, program referral information as well as an expert in advocacy. Larry draws his expertise from his personal experience with living in recovery of mental illness. Linda Burghardt is the Executive Director of NAMI Michigan. She also presented based on her own experience and those of friends and family. Linda has a deep personal interest in safeguarding the mental health community, both consumers and providers. She is effective in securing all the resources needed to ensure everyone is able to lead a healthy, happy life. Their presentation was about caring for our needs so we can give effectively to our loved ones living with mental illness.

**January 11, 2014**

Dr. David Im, Director of Psychiatry at the CFP presented on "Diagnosis and Treatment of Major Mental Illness." Group members in attendance were impressed with his excellent and comprehensive presentation. Families complimented his ability to be informative as well as sensitive to family concerns. Several attendees have requested to have him return as a speaker whenever possible.

**February 8, 2014**

We celebrated Valentine's Day early with our loved ones residing at the CFP. We had 42 family members and patients in attendance. We shared quality time together with good food in a cheerful atmosphere. We took pictures, played games and talked for close to 2 hours. This was a therapeutic event for all involved. Participants were very appreciative of staff efforts towards the success of this activity.

**December 14, 2013**

The topic of this meeting was "The Holidays and Depression." Our speaker, Jean Kanitz, PhD., was ill and had to cancel. We ended up sharing and giving support to each other on a variety of issues some related to the holidays as well as many other concerns group members have in common. We also viewed a virtual tour of the living units where patients reside and viewed holiday decorations patients and staff made this year.

Just a reminder...September 13, 2014 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 (3) meetings from March to August (or half the number of meetings offered since you joined). 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 Continued:**  
**April 12:** Tracy Vandenberg, Patricia Doyle and Angela Kircos, board members of NAMI Washtenaw County. Topic: "How to better communicate with your loved one who lives with a diagnosis of mental illness." And "A story of hope by an individual living in recovery."  
**May 10:** Tour of Main Street and an overview of the Rehabilitation Services program presented by Renee Kouba OT, Rehabilitation Services Acting Manager.  
**June 14:** Elizabeth Knisley, Director of the Bureau of Community Based Services, under the Behavioral Health and Developmental Disabilities Administration within the Michigan Department of Community health. Topic will be services available in the community.



**Knowledge unlocks many doors!**

**News about Future Meetings:**  
**March 8:** Mr. Dave Barry, LMSW, Social Work Supervisor. Topic: Overview of the Clinical Groups provided to patients at the CFP.

Co-facilitators: *Donald Riffenburg, Norman Butler & Eugenia Ramon (734) 295-4355*

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

*March, 2014*