

Center for Forensic Psychiatry  
**Family Education Program**



News Letter

**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!*

**March 10<sup>th</sup>, 2012**

The topic of discussion was “Dialectical Behavior Therapy (DBT)”. Jean Kanitz, PhD and Nicole Kletzka, PhD provided an overview of DBT and how this therapy is being implemented for their loved ones here. Their presentation was well organized and yet flexible to respond to the many questions asked. Group members in attendance were complimentary of their work with DBT, commenting on how positive and passionate Jean and Nicole were about this therapy program.



**Knowledge unlocks many doors!**

**May 12<sup>th</sup>, 2012**

Ms. Susan Casha O.T.R.L., Rehabilitation Services Director, presented an overview of the Rehabilitation Services Department currently offered as well as the new groups and programs being developed at the CFP at this time. Ms. Casha also led the group members on a tour of Main Street which is the area where patients participate in the P.S.R. Groups. Feed back from group members was positive; some shared that it helped to provide a mental picture of what part of the day for their loved ones was like.

**June 9<sup>th</sup>, 2012**

A documentary film “Out of the Shadow” was shown. This movie was filmed over five years, by the daughter of a mentally ill woman. With grace and compassion, this intimate film illustrated the painful complexities of severe mental illness and the inadequate public health system set up to deal with it. Great reviews given by all in attendance.

**April 14<sup>th</sup>, 2011**

Per popular demand; Joe Corso, LMSW and John Scully, LMSW, both Social Work Unit Coordinators at the Center, returned to present on “Dual Diagnosis” therapy offered at the CFP. Group members learned that Dual Diagnosis services are treatments for people who suffer from co-occurring disorders (i.e. mental illness and substance abuse). Research has strongly indicated that to recover fully a person with co-occurring disorders needs treatment for both problems. Dual Diagnosis treatment integrates services for each condition, helping patients recover from both in one setting, at the same time. I would like to extend a huge thank you to them since they also ran the meeting allowing me to have a day off. Samples of comments made in the evaluation forms by group members in attendance were: “Outstanding!”, “Joe gave an excellent presentation”, “Joe, the speaker was enthusiastic.”, “Bless you all for caring enough to do what you all do. This is very special. John and Joe-very helpful and informative!”

**Just a reminder...September 8<sup>th</sup>, 2012 is our Annual PIC NIC. 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 can not attend the August’s meeting, please sign up for the luncheon by calling (734) 295-4355. [Limit-3 family members or friends per patient]**

**News about Future Meetings in the Planning:**  
**July 14:** Topic: “Medical Care and Process at the C.F.P. Speaker Eric Neal, M.D., Unit Psychiatrist.  
**August 11:** Topic: “NAMI & Hope & Serious Mental Illness” Speakers: Larry Ackerman, Office and Consumer Program Coordinator and Linda Burghardt, Executive Director of NAMI Michigan.  
**September 8:** Annual Family Picnic  
**October 13:** Topic: “How to Understand, Identify Warning Signs, Communicate With, and Interact with a Family Member with Psychosis.” Speaker: Jean Kanitz, PhD

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

*July, 2012*

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