

# MHA's 2018 FAMILY EDUCATIONAL PROGRAMS

Specially for families and loved ones  
of adults who have a mental illness

<p><b>Thursday March 8 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p style="text-align: center;"><b>Estate Planning</b></p> <p><i>Christina Hardman O'Neal, Estate Planning and Tax Attorney</i> to present. Christina has a vested interest in the disabled population and working with those families impacted by a loved one with debilitating setbacks.</p> <p>Topics to include: Wills, Power of Attorney, Guardianship and Trusts etc. This workshop is appropriate for aging caregivers concerned for their loved ones legal and financial matters as well as parents of young adults transitioning into the adult system of care.</p> <p>This is an interactive presentation, so come with questions!</p>
<p><b>Thursday April 12 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p style="text-align: center;"><b>Substance Abuse and Mental Illness</b></p> <p><i>Katelin Weisser LCSW LCADC and Lindsey Capelli LPC NCC SAC of Living Well Counseling Center</i> to present. <i>Kate</i> began working in the women's program at Princeton House Behavioral Health (a program specializing in trauma, mental health, addiction, and personality disorders) where she became extensively trained in DBT and trauma treatment. Here, <i>Kate</i> realized she had a strong connection with working with trauma and addiction clients and later obtained her drug and alcohol certification. <i>Lindsey</i> pulls from various forms of treatment including: CBT, DBT, Compassion Focused Therapy and EMDR with extensive training in DBT, TRAUMA and EMDR. Expertise also includes anxiety/mood disorders, ED, self-harm, women's issues and substance abuse.</p> <p><i>Kate</i> and <i>Lindsey</i> will discuss the relationship between mental illness and substance abuse with a strong emphasis on trauma. Effective ways of dealing with family members within these circumstances will be offered, including speaking to loved ones from a place of compassion.</p>
<p><b>Thursdays April 19 &amp; May 17 7:30-9:00 PM</b></p> <p>To be held: <b>Presbyterian Church Meeting House</b></p> <p>352 Sycamore Ave Shrewsbury, NJ (lower building at the end of drive, east of church proper)</p>	<p style="text-align: center;"><b>Mental Health and Well Being</b></p> <p style="text-align: center;"><i>Presented by - David Landy PhD, Psychologist in Private Practice</i></p> <p style="text-align: center;"><b>Discussion and Q&amp;A on Self and Healthy Relationships</b></p> <p>Potential topics:</p> <ul style="list-style-type: none"> <li>• Three keys to success in life: Acceptance, Awareness, Attitude.</li> <li>• The stories that run us, are us.</li> <li>• What is peace? How can we attain it?</li> <li>• The power of intention.</li> <li>• Is happiness over-rated? If so, then what?</li> </ul>
<p><b>Thursday May 24 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p style="text-align: center;"><b>Borderline Personality Disorder</b></p> <p><i>Jacquelyn Concepcion, PHD LCSW</i> to present. Jackie has an extensive clinical knowledge of Borderline Personality Disorder.</p> <p>Borderline Personality Disorder (BPD) can be extremely difficult to manage; it is especially challenging for loved ones of individuals with BPD. BPD can make it difficult regulate emotions, which can often lead to impulsivity, trouble with interpersonal relationships and dangerous behaviors such as self-harm.</p> <p>Jackie will provide a better understanding on BPD and how to best react to those with BPD. The presentation to include but not limited to: coping strategies, boundary setting and self-protection.</p>
<p><b>Thursday June 14 7:00-8:30 PM</b></p> <p>To be held: <b>Eatontown Library</b></p> <p>33 Broad Street Eatontown, NJ</p>	<p style="text-align: center;"><b>“In Their Own Voice”- Presented by NAMI</b></p> <p>NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes about people with mental health conditions. These free, 40-, 60- or 90-minute presentations provide a personal perspective of mental illness, as presenters with lived experience talk openly about what it's like to live with a mental health condition.</p> <p>Trained presenters humanize the misunderstood, highly stigmatized topic of mental illness by showing that it's possible—and common—to live well with a mental health condition. This presentation also provides: <i>A chance to ask presenters questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions. The understanding that every person with a mental health condition can hope for a brighter future. Information on how to learn more about mental health and get involved with the mental health community.</i></p>