

MHAMC's 2017 FAMILY EDUCATIONAL PROGRAMS

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

<p>Thursday June 15 7:00-8:30 PM *New Time</p>	<p style="text-align: center;">Estate Planning</p> <p><i>John Callinan, Certified Elder Law Attorney</i> to present. John was a recent Chair of the New Jersey State Bar Association's Elder and Disability Law Section. John has received a Super Lawyer Award in the practice of Elder Law, as well as the Distinguished Service Award. Topics will include: Wills, Power of Attorney, Guardianship and Trusts. This workshop is especially appropriate for aging caregivers concerned for their loved ones legal and financial matters.</p> <p>To be held: <i>Eatontown Library</i> 33 Broad Street, Eatontown</p>
<p>Thursday July 20 7:00-8:30 PM *New Time</p>	<p style="text-align: center;">Holistic Self Care</p> <p><i>Holly Heston, Licensed Clinical Social Worker</i> to present. Caregiving for a loved one with a serious mental illness is a 24/7 commitment that can be incredibly exhausting and overwhelming. Many caregivers feel a sense of guilt or selfishness when they take time to enjoy themselves or rest. Holly will provide an evening of self-care to include: tools, light activity and discussion to help caregivers rejuvenate and energize. After all, if we are more present with ourselves, we are most present to those we care for. Holly has specialized training in trauma sensitive yoga and clinical expertise in treating trauma and addictive behaviors.</p> <p>To be held: <i>Eatontown Library</i> 33 Broad Street, Eatontown</p>
<p>Thursday August 17 7:00-8:30 PM *New Time</p>	<p style="text-align: center;">Bipolar Disorder</p> <p><i>Jacquelyn Concepcion, PHD LCSW</i> to present. Jackie has an extensive clinical knowledge of Bipolar Disorder and factors which further contribute to the difficulty of managing this serious mental illness, including trauma and personality disorders. Bipolar symptoms include: turbulent ups and downs, depression, mania, risky behaviors etc. This workshop will offer further education on Bipolar Disorder, coping strategies and self-care to caregivers and family members.</p> <p>To be held: <i>Eatontown Library</i> 33 Broad Street, Eatontown</p>
<p>Thursday September 28 7:00-8:30 PM *New Time</p>	<p style="text-align: center;">First Episode Psychosis Clinic <i>Presented by Rutgers-University Behavioral Healthcare</i></p> <p>Rutgers-UBHC has recently launched the First Episode Psychosis Clinic, known as THRIVE NJ. THRIVE is an innovative and evidence-based treatment program for adolescents and young adults. The program is meant to work with individuals who recently experienced a first episode psychosis, which may include: unusual thoughts and behaviors, hearing or seeing things that others don't, or having trouble communicating or thinking clearly. THRIVE offers a team approach, which can include: a primary clinician, a family therapist, psychiatrist, supported education and employment specialist, a peer counselor and a substance abuse counselor. THRIVE recognizes the importance of family members in the treatment process and encourages family members to work closely with their treatment team; THRIVE can work in conjunction with IFSS services.</p> <p>To be held: <i>Eatontown Library</i> 33 Broad Street, Eatontown</p>
<p>Dates to be Determined</p>	<p style="text-align: center;">Mental Health First Aid Training <i>Presented by the Mental Health Association of Monmouth County</i></p> <p>MHAMC would like to extend the opportunity to IFSS families to become certified in Mental Health First Aid. MHFA is an 8 hour course that teaches you to identify, understand and respond to signs of mental illnesses and substance abuse disorders. The training offers skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance abuse problem or experiencing a crisis.</p> <p><i>MHAMC will be asking for a marginal flexible fee to cover course cost. Training dates will be offered in the fall and to be determined. MHAMC is willing to provide a full 8 hour day training or two 4 hour trainings depending on participant feedback. Please contact Dustin Knoblauch to discuss fees and scheduling at 732-542-6422 Ext. 103.</i></p>

These programs are free and sponsored by
the Mental Health Association of Monmouth County
For More Information, Please Call (732) 542-6422 Ext. 101