



# MENTAL HEALTH ASSOCIATION OF ESSEX COUNTY, INC.

Robert N. Davison, M.A., L.P.C.  
EXECUTIVE DIRECTOR

December 21, 2011

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Ex-Officio

Dear Family Member,

## FAMILY PSYCHOEDUCATIONAL SERIES BEGINS IN JANUARY 2012

Families caring for their loved ones who have a mental illness require a lot of information to effectively help their loved ones and themselves. Families have found it helpful to understand the different types of mental illnesses as well as the symptoms and medications that are used to treat them. Families could benefit from being aware of the many mental health programs, entitlements and benefits that are available and how to obtain such information. There are programs such as the Collaborative Justice Services (CJS), Integrated Case Management Services (ICMS) and Programs for Assertive Community Treatment (PACT) that would be helpful for families to know about and understand how each program works.

It is important for families to understand how to advocate for the rights of those with a mental illness regardless if it is within an inpatient unit, a correctional facility or an outpatient treatment program. It is important for families to understand how to deal with substance abuse issues that complicate their loved one's mental illness and treatment.

Most of all, families should know they are not alone can get help in coping with the tremendous burden they often feel in the 24 hours a day, 365 days a year job, of caring for their loved ones. It is important that families know they are doing everything they can to insure their loved ones can live, and function, not just for now, but long after they are no longer around.

This is why we feel the need to continue our PSYCHOEDUCATIONAL series designed as an eight-week curriculum for families.

### When does the group begin?

This eight-week series begins Wednesday, January 25, 2012 to March 14, 2012 from 7:00 p.m. to 8:30 p.m.

### Where does this series meet?

At the Mental Health Association of Essex County office, 33 South Fullerton Ave. Montclair, New Jersey 07042.

### How often does the group meet?

Once every week for eight-weeks.

### Do I have to come to every session?

No, but while attendance is not mandatory to every session, regular attendance is suggested in order to help families receive the maximum benefit from the series.





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## **Is there a cost or fee?**

No, this series is completely free with no cost.

## **How do I sign up?**

We are the Intensive Family Support Service (IFSS), a program of the Mental Health Association of Essex County. You can call 973-509-9777 ext 108 to speak to Andrea Marana or leave a message on her voicemail. You can also register for this series via E-mail as well at: [AMarana@mhaessex.org](mailto:AMarana@mhaessex.org)

## **Where do I park?**

There is available parking on the street.

## **Who will be the family educators?**

In addition to the mental health professionals on staff from both the IFSS and CJS departments, family members from the local chapter of NAMI ESSEX NJ will also assist in the facilitation of this group series. Presentations will use multimedia to convey information to family members.

## **Who should attend, who can I bring to these groups?**

Any family member or friend who wants to come is welcome.

## **I can't make this series now, but when will it be offered again?**

Our IFSS program will offer this eight-week PSYCHOEDUCATIONAL series several times throughout the year in several different locations throughout Essex County. You will be notified by mail well in advance of future training.

Sincerely,

Andrea Marana, LSW  
Marvin Gorsky, LCSW  
Intensive Family Support Service

*This eight week series is sponsored by the Intensive Family Support Services, a program of the Mental Health Association of Essex County*