



## FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

### Iowa Family-to-Family Education and Support

Family-to-Family courses have been offered to family members and significant others of persons with severe and persistent mental illness in Iowa since 1999. Trained National Alliance on Mental Illness (NAMI), Iowa volunteer family members provide a 12-week course and support group as well as a “train-the-trainers” program.

The Family-to-Family curriculum focuses on:

- schizophrenia,
- bipolar disorder,
- clinical depression,
- panic disorder and
- obsessive-compulsive disorder.

The course discusses the clinical treatment of these illnesses and teaches the skills that family members need to cope more effectively. This program provides comfort, understanding and helps heal brokenhearted family members.

#### Program Highlights

- Since 2000, more than 1,200 family members have completed over 80 Family-to-Family classes at more than 30 sites.
- There are currently six teacher trainers and more than 90 teachers conducting the Family-to-Family course, including Spanish-speaking teachers.
- Classes are available year-round.
- Teacher scholarships offered as needed to assist with expenses incurred in course training.

In addition to train-the-trainer, Family-to-Family courses offer participants:

- Outreach to families through informal networking as well as direct mail of educational materials.
- After course completion, families can participate in ongoing support groups.

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