

Learn how to advocate successfully for your relative with a biological brain disorder.

- Establish your family as a support unit through education and communication.
- Learn skills for advocacy strategies in:
 - the correctional system
 - the hospital system
 - community mental health
- Receive a tool box of specific techniques which will enable you to pursue treatment for your relative successfully!

Come to a one-day workshop to learn:

- 1 Common problems advocates face and how to overcome them.
- 2 What a Historical Chronology is, and how to make it work for you and your family.
- 3 How to set goals with your relative for recovery.
- 4 How to begin healing your family relationships.

ADVOCATE:

A person who intercedes on behalf of another

Comments by family members BEFORE taking the workshop:

“I’m constantly frustrated by an inability to communicate with various professionals.”

“It is quite a fight to be listened to.”

“I’m never sure how much to tell, what to include or leave out.”

“I need to learn techniques so I won’t be intimidated by the system.”

“I’ve been reluctant to memorialize failure, disappointments, lack of progress, and broken promises.”

“I’m not sure what I need in the way of getting help when needed. You don’t know what you don’t know.”

“I need to know how to maintain my motivation before the system overcomes me.”

“This workshop is carefully crafted and effectively presented. It provides proven tools for accessing services and for family healing.”

Nathan Yuhl, Past President
Nami Kitsap County

Comments by family members AFTER taking the workshop:

“I learned how to get a mentally ill person treatment and who to talk to.”

“My brother is facing a court date and possible jail. Now I have the information to get him treatment and possibly keep him out of jail.”

“I learned how to ‘share’ the burden with other relatives, for the good of the mentally ill person, the relatives, and me.”

“The information was extremely helpful to me. Now I know how important it is to communicate and to lay a paper trail that will be effective.”

“It taught me how to advocate for a relative who lives some distance away.”

“It specifically helped me to see the importance of family involvement, especially siblings.”



Workshop presented by:

Jane Cartmell B.S.W.
Director of Advocacy Works

Jane received her training in Social Work from Washington State University. She has served as President of NAMI-North Coastal San Diego and as Chair of the San Diego County's



Sibling and Adult Children's Group. Jane presents workshops for family members and has presented at Consumer's Conferences, NAMI-California Conference, and the National American Psychiatric Association Conference. Her article "In Pursuit of Treatment", the story of advocacy for her brother, can be found in the Sibling issue of the CAMI Journal. Jane teaches the NAMI Family to Family Education Program on Bainbridge Island, where she lives with her husband.

Please call Advocacy Works (206) 898-6092 for more information regarding cost and scheduling.

Sponsorship and support for this workshop has been obtained from the local National Alliance for the Mentally Ill. The one-day workshop includes the manual and handbook "Successful Advocacy Techniques for Families and Other Caregivers — A Workshop for Families, Consumers and Professionals."

Financial scholarships are available.

"I learned tools to use as a Social Worker to explain to family members how they can advocate and why they should advocate."

Mental Health Professional

Classes are available to Mental Health Professionals who work with families.

For more information contact:



Advocacy Works

PO Box 11631
Bainbridge island, WA 98110
(206) 898-6092
(206) 780-3862 fax

ADVOCACY WORKS



Successful Techniques for Dealing with Serious Mental Illness

Family members are often the only advocates for their relative with a brain disorder. Few people are well equipped to access complex care systems or possess the knowledge to plan for their relative's unique treatment needs. The information in this workshop provides a "tool box" of skills families can use in their own advocacy.

