

## Teresa Panet-Raymond

To Whom It May Concern:

Throughout the past 25 years that my brother has been living with schizophrenia I have experienced a lot of pain and frustration not really knowing the best way to help him. Luckily, a friend brought me to a class called “Successful Advocacy Techniques for Families”, created and taught by Jane Cartmell.

Jane, a trained social worker and who also has a brother with a serious mental illness knows from personal experience how difficult it is to get the right treatment and support for those in need. Her course and notebook contain very useful information on what steps to take when advocating for your loved ones. Successful letters Jane wrote when advocating for her brother are included and she welcomes students to use them. I certainly did and they’ve helped tremendously.

My brother’s physical and mental health took a turn for the worse and I found myself spinning and not quite knowing what to do. I remembered how Jane had told me in her course that she offers counseling for family members of the mentally ill. I called her up and used her wisdom to help guide me in the best possible way to help my brother. Due to distance we set up appointments over the phone in which she helped me make a plan on how to best approach this new issue. She coached me on working with my brother’s team of doctors, letter writing via email, suggested certain books to read and informed me about the Family to Family course taught by NAMI, which is essential.

Through Jane’s personal experience and knowledge I am now able to advocate for my brother effectively. I highly recommend her course and/or coaching services for those in need of her services.

Sincerely,

*Teresa Panet-Raymond*