



Intensive Family Support Services of Middlesex County
For Families Who Have a Loved One with a Mental Illness

SUMMER 2009 PSYCHOEDUCATION PROGRAM

Beginning Tuesday, June 2, 2009

This **FREE** six-week family psychoeducation program on mental illness will meet on **Tuesday evenings from 7:00 PM to 8:30 PM at UMDNJ-University Behavioral HealthCare, 671 Hoes Lane, Piscataway, 08854 in Room D201 (see reverse for directions)**. Sessions will consist of a presentation followed by a short break and then time for questions and answers. * Sessions build upon the previous session – it is highly recommended that both two part sessions are attended.

- * June 2, 2009:** *Understanding Mental Illness – Part 1*
 - ~ History of mental illness, and the impact of brain biology and environmental stress on mental illness – Video
 - ~ “Thought Disorders” (e.g., Schizophrenia, Schizoaffective Disorder)

- * June 9, 2009:** *Understanding Mental Illness – Part 2*
 - ~ “Mood Disorders” (e.g., Bipolar Disorder, Major Depression)
 - ~ “Anxiety Disorders” (e.g., Obsessive Compulsive Disorder)

- * June 16, 2009:** *Treatment with Psychiatric Medication – Part 1*
 - ~ Psychotropic medication classification
 - ~ Psychotropic medication side-effects

- * June 23, 2009:** *Treatment with Psychiatric Medication – Part 2*
 - ~ Psychotropic medication classification
 - ~ Psychotropic medication side-effects

- June 30, 2009:** *Community Resources for People with Mental Illness and Family Members*
 - ~ Overview of mental health community resources, including information on NAMI-NJ, housing, partial care programs, and employment options
 - ~ Overview of support services for the caregiver

- July 7, 2009:** *Relapse Prevention & Improving Family Communication*
 - ~ Recognizing and coping with crises
 - ~ Keys to communicating with your loved one



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DIRECTIONS

To UMDNJ-University Behavioral HealthCare
671 Hoes Lane, 2nd Floor, Room *D201
Piscataway, NJ 08854

New Jersey Turnpike (Exit 9 coming from South)

Turn off at Exit 9 (New Brunswick). Follow Route 18 North toward New Brunswick and Piscataway. Cross over the John Lynch Bridge to the River Rd./Highland Park exit (jughandle) and make a right onto River Road (you will be heading away from Highland Park). About 2 miles down on River Road make a right turn at 2nd light, which is Johnson Dr./Hoes Lane West. Continue about ½ mile to UMDNJ campus.*

New Jersey Turnpike (Exit 10 coming from North)

Turn off at Exit 10. Follow Interstate 287 North. Come to Piscataway area. Take Bound Brook/Highland Park Exit #9. At Exit #9, turn left on River Road and proceed to fourth light, Johnson Dr./Hoes Lane West, and turn left. Continue about ½ mile to UMDNJ campus.*

Route 18:

Take Route 18 North over the John Lynch Bridge to River Rd./Highland Park exit (jughandle). Make a right onto River Road (you will be heading away from Highland Park). About 2 miles down on River Road make a right turn at 2nd light, which is Johnson Dr./Hoes Lane West. Continue about ½ mile to UMDNJ campus.

****Parking Information****

Please park in lot C on the right before UMDNJ-UBHC main building or lot B on the left, across the street from the UMDNJ-UBHC main building.

*From parking lot B, cross over Hoes Lane West towards flagpole, enter UBHC main building to your left (last door) and obtain further directions from receptionist.

Parking permits/decals are not needed after 6pm

Please register to attend the workshop series by contacting Zuleika Palmer at (732) 235-6184