

RUTGERS

University Behavioral
Health Care

NAMI Middlesex County

in collaboration with

Intensive Family Support Services of Middlesex County (IFSS)

***Invites you to attend their 'Fall Speaker Series'
Virtual Presentations via Zoom - Time: 5:00-7:00 pm***

September 14, 2020

“Motivating Change and Communicating Effectively”

Speaker: Kenneth Kinter, LPC, NCC, MINT, Assistant Professor, State Hospital Psychiatric Rehabilitation Initiative, Dept. of Psychiatric Rehabilitation and Counseling Professions, Rutgers, the State University of NJ

During this learning session, the presenter will describe the stages of change and the presentation of various mental health symptoms, while detailing how to engage in effective communication throughout the stages. Participants will gain knowledge to help them better assess what stage their loved ones are currently in, and begin to understand effective ways to communicate to help move their loved one's mental health recovery forward.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZckdu2orDovG9D2a5M6AqTgiorgqzqaUINR>

October 5th, 2020

“Helping vs. Enabling: Strategies to Improve Family Functioning”

Speaker: Kenneth Kinter, LPC, NCC, MINT, Assistant Professor, State Hospital Psychiatric Rehabilitation Initiative, Dept. of Psychiatric Rehabilitation and Counseling Professions, Rutgers, the State University of NJ

This presentation will address how families can avoid the pitfalls of enabling and find alternative ways to support a loved one with mental illness. The presenter will help participants explore strategies that families can utilize to support their loved one's recovery and set limits, offer practical advice to families on how to help a loved one with mental illness improve functioning, while maintaining their own wellness and self-care.

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZEkf-urqzwoGdxjfMbfRDCNy_67RoqxFQzC

November 2nd, 2020

“Understanding Treatment with Psychotropic Medications”

Speaker: Azima Ashraf, MD, Associate Professor, Robert Wood Johnson Medical School Dept of Psychiatry, Acting Outpatient Medical Director & Adult Inpatient Unit Chief, Rutgers University Behavioral Health Care

This presentation will help families learn more about psychotropic medication classification and how to manage symptoms and side effects. Additionally, the speaker will facilitate a question and answer session during which families and caregivers will have an opportunity to discuss their loved ones' care and treatment concerns.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZErdOmgrDljGdwC0T9NZbZGx7tCIVn0ggMJ>

(After registering, you will receive a confirmation email containing information about joining the meeting. Please do not hesitate to reach Shelly Thoms at (908) 433-2291, or NAMI Middlesex at (732) 745-0709, if you have questions or need additional assistance.)

