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FOR IMMEDIATE RELEASE:

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**Free class for parents and caregivers of children with mental illness
at NAMI San Diego**

SAN DIEGO— The National Alliance on Mental Illness (NAMI) San Diego is offering a free program designed specifically for parents and caregivers of children and adolescents with a mental illness.

A recent study has found that 13% of children ages 8 to 15 in the United States had at least one psychiatric disorder during one year. The data comes from the National Health and Nutrition Examination Survey (NHANES), collaboration between the National Institute of Mental Health (NIMH) and the National Center for Health Statistics of the Centers for Disease Control and Prevention.

NAMI Basics is a class is about the fundamentals of caring for yourself, your family and your child who has a mental illness. The learning format is instructional material, discussions and interactive exercises. Many family members will find great support and camaraderie during the course of the class, not to mention valuable community resources designed to help maintain the health of the family and the child with a mental illness.

Topics covered will include:

Class 1 – Introduction: It's not your fault, mental illnesses are brain disorders

Class 2 – The biology of mental illness; getting an accurate diagnosis

Class 3 – The latest research on the medical aspects of the illnesses & advances in treatment

Class 4 – The impact of the child's mental illness on the rest of the family; skills training

Class 5 – The systems involved with your child and the importance of record keeping

Class 6 – Advocacy, self-care, review, sharing and evaluation

Current information will be provided about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders.

This NAMI Basics class starts on September 12, 2011 and runs through October 10, 2011. The 2 ½ hour class will be held on Mondays from 6-8:30 pm at the NAMI San Diego office in North Park at 4480 30th St. San Diego, CA 92116. Classes are free, but all participants must be registered in order to attend, please call (619) 543-1434 or (800) 523-5933.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses.

For more information, go to www.namisaniego.org or call the helpline at (619) 543-1434.

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