

LESSON PLAN COVER SHEET

COURSE NAME: Georgia Crisis Intervention Team (CIT) Training		UNIT CODE:
LESSON TITLE: Family Perspective		HOURS: 01
PREPARED BY: David J. Lushbaugh, National Alliance on Mental Illness Georgia, and Nora Lott-Haynes, Georgia Department of Education, Program Specialist	DATE: 12-01-04	APPROVED BY:
REVISED BY: Nora Lott-Haynes, President, NAMI Georgia		DATE(S): 12-01-05
INSTRUCTIONAL METHODS: Lecture		CLASSROOM SETTING: Academic
TERMINAL PERFORMANCE OBJECTIVE (TPO): To acquire understanding that mental illness, brain disorders and/or substance abuse and addiction can occur in any family, and that consumers and family members must acquire a specific understanding and skill set to address various issues (such as medical, legal, and system).		
ENABLING OBJECTIVES (EO):		
<ol style="list-style-type: none"> 1. Explain the purpose of NAMI (National Alliance on Mental Illness) Georgia. 2. Demonstrate knowledge of the issues confronted by family members of consumers. 3. Define measures to reduce the stigma associated with mental illness and other brain disorders. 		
TRAINING MEDIA (see Appendix A): <i>[check each that apply to your lesson plan]</i>		
<input type="checkbox"/> Transparencies <input type="checkbox"/> Videotape <input type="checkbox"/> Chalkboard <input type="checkbox"/> Flip chart <input type="checkbox"/> Audiotape <input type="checkbox"/> Other: <i>[list additional training media needed here]</i> <input checked="" type="checkbox"/> Slides <input type="checkbox"/> Poster		
EQUIPMENT/MATERIALS (description and quantity):		
HANDOUTS (see Appendix B): Slide Presentation Handouts		
REFERENCES:		
Surgeon General's President's Freedom Reports The "Memphis Model" National Alliance for the Mentally Ill (NAMI)		
STUDY ASSIGNMENTS:		

FAMILY PERSPECTIVE

Overview

NAMI (*National Alliance on Mental Illness*) Georgia is a family-based, grassroots, support and advocacy organization. They are made up of the parents, children, spouses, siblings, treatment professionals and friends of persons with severe mental illness...and they believe in recovery! Together work is done to build a better life for loved ones. Learning about brain disorders, i.e., schizophrenia, bipolar disorder, major depression, and obsessive-compulsive disorder, enables one to see these diseases like any other disease such as heart disease, diabetes or cancer.

- I. The NAMI mission** is dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases through:
 - A. advocacy**
 - B. education**
 - C. research**
 - D. support.**
 - E. The organization advocates for these standards of care:**
 1. access to appropriate medication,
 2. inpatient care
 3. ACT programs
 4. general medical care
 5. integrated services for dual diagnosis
 6. family psychoeducation and support
 7. peer provided services and supports
 8. supported employment services
 9. affordable housing and supports
 10. jail diversion programs
 11. non-stigmatizing and non-discriminating environment

With more than 240,000 members and 120 state and local affiliates, NAMI is the nation's largest grassroots organization dedicated to improving the lives of people with severe mental illnesses. Funding sources for NAMI programs include hundreds of state and local governments and foundations; tens of thousands of individual donors; and a growing number of corporations. NAMI's greatest asset, however, is its volunteers, who donate an estimated \$135 million worth of their time each year to education, support and advocacy. NAMI does not endorse any specific medication or treatment.

II. The Most Persecuted and Least Understood Group in the disability community

- A. People with mental, addiction**
- B. co-occurring, cognitive**
- C. psychiatric disabilities**

For many people with serious mental illness, or most any other brain disorder or addiction who exhibit behavior that risks public safety, to date the only alternative is law enforcement intervention. The stigma associated with these disabilities remains an oppressive obstacle to employment and integration which hampers the efforts of these people to enter the work force, attend schools and contribute their talents and energies to society.

III. Stigmatization is a serious problem that consumers face that often times prohibits them from seeking treatment. Stigmatization of people with mental illness and other brain disorders is manifested by:

- A. bias**
- B. distrust**
- C. stereotyping**
- D. fear**
- E. embarrassment**
- F. anger**
- G. avoidance**
- H. low self-esteem**
- I. isolation**
- J. hopelessness.**
- K. reduces access to resources and opportunities like :**
 - 1. schools
 - 2. housing
 - 3. jobs

Stigma leads the public to avoid living, socializing, working with, renting to, or employing people with mental illness and other brain disorders. It deters many from seeking and wanting to pay for the care of those with mental illness and other brain disorders. It results in discrimination and abuse of those with mental illness and other brain disorders. It deprives these individuals of their dignity and it interferes with their full participation in society. Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental

disorders are common and widespread. An estimated 54 million Americans suffer from some form of a mental disorder in a given year.

IV. Families of Loved Ones with Mental Illness, Brain Disorders and Addiction Problems

- A. deny warning signs**
- B. worry about what other people think because of stigma**
- C. wonder what caused their loved one to become ill and blame themselves**

Whenever possible, the families should seek support from friends and other family members or find a support group or self-help channel. Therapy for the family member might be an option if possible. It is common for the person with the disability to become the focus of family life. When this happens, other members of the family may feel ignored or resentful. Some might find it difficult to pursue their own interests.

Wrap Up and Review

According to a Bureau of Justice Statistics Special Report in Georgia as of 2004, 46,568 inmates were reported with approximately 6,000 having mental illness and more with substance abuse issues (12% of the male population and 33% of the female inmates). The mental health costs were \$27 million for those incarcerated.

The United States Department of Justice website indicates that over one million state and local police personnel are employed in this country. You are a participant in the first statewide introduction of CIT in the United States. Georgia law enforcement can have a dramatic, positive effect on serious mental illness and other brain disorders toward the elimination of stigma through education and enlightenment that is proven to change attitudes, thus creating the environment for the necessary actions to be taken.

The objective of the Georgia CIT program is to train 20% of field law enforcement by having suitable, volunteer officers who can provide 24-7 (all shift all precinct) coverage. They will be first responders of the team of local treatment professionals, educators, consumers and family members to intervene during a crisis. Research done in Memphis reveals that CIT reduces injuries, improves public safety, reduces costs, reduces recidivism, provides officer professional development, increases event confidence and accountability, and improves community relations.

As a result of your participation in this class, you should have acquired an understanding that mental illness, brain disorders and/or substance abuse and addiction can occur in any family, and that consumers and family members must acquire a specific understanding and skill set to address various issues (such as medical, legal, and system).

The recovery rate of mental illness with treatment is higher than that of cancer or heart disease. Your pledge to assist those Georgians to more self-reliant, self-fulfilling lives will be rewarding personally, professionally and to society. You are in the unique position and have the capability of being a rock solid foundation to make this happen. Thank you for being in this class.

