



## **Understanding Serious Mental Illness and Co-Occurring Disorders for Family and Other Supporters**

### **Session One:**

#### **Causes and Treatment of Serious Mental Illness and Substance Use Disorders**

- **Diagnosis**
- **Stress Vulnerability Model**
- **Medications and Other Treatments**

### **Session Two:**

#### **The Recovery Model**

- **Patricia Deegan**
- **Self-Efficacy for the Ill Family Member**
- **Having a Life Worth Living**

### **Session Three:**

#### **Avoiding Relapse**

- **Relapse Prevention Training**
- **How Has the Illness and Stigma Affected Our Family?**
- **Communication Skills**

### **Session Four:**

#### **The Problem Solving Model**

- **Managing Problems that Arise From Co-Occurring Disorders**
- **Self-Care for Family Members**