#NAMICon16

Family is Forever

One Family’s Story of Hope Through Mental Illness
Family Forever, Agenda

• This is our Story
• The power of sharing lived experience
• Let’s not be afraid
Family Forever, Why

The world’s view of Family

**Family Stigmatized**
- Family Dysfunction
- Family Codependency
- Family Inconsistency
- Family Denial
- Family Obstinacy
- Family Enabling
- Family Guilt
**Family Forever, Why**

The truth behind family

<table>
<thead>
<tr>
<th>Family Stigmatized</th>
<th>Family Valued</th>
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<td>Family Dysfunction</td>
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<td>Family Love</td>
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NAMI National Convention

Denver. July 6-9, 2016
Family Forever, Education

• Why education is so important
• Why loving families give up
• NAMI Family to Family
• Response to Trauma
  • Support Groups
  • Advocacy
  • Respite
• Airplane Analogy
Family Forever, Individual

- Family importance
- Early Life
- Unconditional Love
Family Forever, Mother

• Family Struggles
• What is this?
• The Journey
  • Nothing works
  • Institutions
  • Treating Illness
• Coming out on the other side
Family Forever, Father

- Expectations and denial
- Facing reality
- Impact on family
- Never give up
- Recovery
  - Bravery and inspiration
- Unconditional Love
Family Forever, Sibling

- History from my perspective
- Relationship to my family
- Relationship to myself
- Lasting impact
The End