### TARGET AUDIENCE

This program is for adult caregivers of family members who have a mental illness.

### SUMMARY

The Family-to-Family Education Program (FTF), formerly called the Journey of Hope Education Program, is a community-based program sponsored by the National Alliance on Mental Illness (NAMI) that is designed to provide participants with information about mental illness and treatment options and enhance self-care, communication, advocacy, and problem-solving skills for the caregivers.

### EVIDENCE

Results from a randomized trial of FTF 6 months after program completion demonstrate improved family problem-solving; increased family empowerment; positive coping; and expanded knowledge of and reductions in worry, anxiety, depression, and displeasure with the relative who had a mental illness. Class attendance was positively associated with empowerment and negatively associated with depression and displeasure.

### COMPONENTS

This program is delivered in a group setting, which allows participants to give and receive emotional support and to explore and understand their feelings about mental illness. Sessions include presentations, discussions, exercises, and activities and provide participants with knowledge and the opportunity to learn how to do the following:

- Solve problems, communicate clearly, and handle crises;
- Manage stress and improve self-care;
- Enhance confidence and capabilities to deliver compassionate support;
- Access local services;
- Understand mental illnesses and how they impact brain function;
- Explore current treatments and possible side effects; and
- Realize the effects that mental illness can have on family systems.

### PREVIOUS USE

This program was developed in 1991 and has been utilized in 49 states, the District of Columbia, Puerto Rico, Canada, Italy, and Mexico with more than 300,000 family caregivers.
Family-to-Family Education Program (FTF)

**TRAINING**
The program is delivered by trained volunteers who are family members of individuals living with a mental illness. Required trainings include a 2-day, off-site annual Training of State Trainers for 10 to 20 participants for $450 per participant and a 2- to 3-day State Training of Teachers. This training is coordinated by State NAMI organizations, and cost varies depending on location.

**CONSIDERATIONS**
Considerations for implementing this program include recruiting volunteer teachers, ensuring volunteers participate in required training, and finding sufficient time and a location to hold sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**
If you are interested in implementing FTF, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**
The program consists of twelve 2 1/2-hour sessions that can be held weekly or biweekly.

**COST**
This program is free to participants. Online electronic files of manuals are free. Paper copies cost $31 each for the Teacher Manual, $19 each for the Participant Manual, and $34 each for the Trainer Manual.

**EVALUATION PLAN**
To move FTF to the Effective category on the Clearinghouse Continuum of Evidence, at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact NAMI by mail 3803 N. Fairfax Dr., Suite 100, Arlington, VA 22203 or phone 1-800-950-6264 or contact Dr. Teri S. Brister by phone 1-601-825-53380 or email tbrister@nami.org or visit https://www.nami.org/Find-Your-Local-NAMI to find a local NAMI affiliate.

**SOURCE**