

Mental Health Referral Ministry

MHRM2017@ATT.NET

MINI SERIES FALL CLASS SCHEDULE

7:30 p.m. – 8:30 p.m.

Sign-ups required for each class

DATE	CLASS	CLASS DESCRIPTION	LENGTH
September 13, 2017	Mental Health 101- What is Mental Illness/wellness	This introductory one-hour class defines, in layman terms, the general definition of mental illness, addresses the myths and stigmas surrounding mental illness that prevent people from seeking help that they need and it explores mental wellness. The goal is to debunk common myths and stigmas and help participants better understand that mental illness, like other diseases, is treatable.	1 HOUR
September 20, 2017	Exploring the Mysteries of Alzheimer's & Dementia	This one-hour class explores dementia and Alzheimer's, the fastest growing and least understood mental illnesses in the U.S. and one of the least discussed among African Americans. In this class, you will learn the difference between the two conditions, common symptoms, who is most at risk, and where to go for family support and treatment	1 HOUR
September 27, 2017	ADHD & Autism	This two-hour class explores ADHD and Autism and the signs and symptoms associated with each. Children express emotional or behavioral problems in many ways. It is important to distinguish between typical behavior changes caused by development or everyday stress and signs of more serious problems. This class aims to empower parents to become strong advocates for the needs of their child.	1 st hour
October 4, 2017	ADHD & Autism		2 nd hour
October 11, 2017	Depression and Anxiety	Because of the significant stigmas and shame attached to depression and anxiety that keep families from seeking help early, two hours are devoted to session. The class will cover causes, understanding that "it's nobody's fault!" coping with depression and anxiety, and where to go for help for yourself or a family member.	1 st hour
October 18, 2017	Depression and		2 nd hour

	Anxiety		
October 25, 2017	Overcoming Common Disorders and the African American Response	This two- hour class is devoted to common disorders that often are ignored because of the common belief that it's only temporary. Such disorders as mood swings, panic disorder, Post-Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD) and Co-Occurring Disorders can be debilitating if not treated. It explores how these disorders effect the African American Population and their responses.	1 st hour
November 1, 2017	Overcoming Common Disorders and the African American Response		2 nd hour
November 8, 2017	Navigating the Mental Health System	This two-hour session addresses information, assistance, and consensual and non-consensual treatment. It also addresses law enforcement and the mentally ill, relationships, HIPPA and how to help an adult with mental health challenges.	1 st hour
November 15, 2017	Navigating the Mental Health System		2 nd hour