

If your loved one was showing signs of mental illness would you know what to do?



The tragedy at Virginia Tech was a frightening and terrible example of what can happen when mental illness isn't effectively addressed. While few with mental illness become violent, families, sufferers of psychiatric illnesses, and society in general pay a high price when mental illness is ignored. The problem is that family members usually have no idea how to communicate about and get help for a loved one who is showing symptoms. That's about to change. In ***The Family Intervention Guide to Mental Illness: Recognizing Symptoms & Getting Treatment*** Bodie Morey and Kim T. Mueser, Ph.D., give families an indispensable handbook for getting a loved one the help and support they need. They offer readers:

- **9 fundamental steps for addressing mental illness in a loved one.** These steps take you from recognizing a mental illness to creating a long-term support plan for your loved one.
- **Help for communicating with your family member about his or her mental illness.** You'll find clear and concise strategies for having an open and productive discussion with a family member.
- **A primer on the most common kinds of mental disorders.** The authors reveal the typical symptoms of common mental illness, such as schizophrenia, bipolar disorder, depression, and anxiety.
- **Everything you need to know about working with the medical system to get a sound diagnosis and real help.** From finding the right doctor, to understanding medications, to rehabilitation options you'll come away with a comprehensive understanding of how to get your loved one the treatment he or she needs.
- **Empathetic help from someone whose been there.** Coauthor Bodie Morey's daughter was diagnosed with a mental illness and she has worked extensively with families facing the challenges of mental illness.

"An absolute winner, this book fills a major need among families..."

—Joyce Burland, Ph.D., national director, NAMI Education, Training and Peer Support

About the Authors

Bodie Morey received her AB from Harvard and experienced firsthand the uncertainty, turmoil and challenges of mental illness developing in close family members. Morey was instrumental in initiating a model program for mental health outreach services in New Hampshire, developed a popular, long-running public education series, Families Coping with Mental Illness, co-taught the first Family Education Course in New Hampshire, was President of the Concord, NH NAMI Affiliate from 1986 to 2000, and works to promote better public information on mental illness.

Kim T. Mueser, Ph.D., is a clinical psychologist who works with clients and families, and a professor in the Departments of Psychiatry and Community and Family Medicine at the Dartmouth Medical School in Hanover, NH. He has conducted extensive research on the treatment of mental illness sponsored by the National Institute of Mental Health, the National Institute on Drug Abuse, and the Substance Abuse and Mental Health Services Administration. He has published ten books for clinicians and family members, and numerous articles in scientific publications, and frequently gives lectures both nationally and internationally on mental illness treatment. Mueser has served as a board member of NAMI New Hampshire and has strong commitment to educating the public and mental health professionals about mental illnesses and their treatment. In 2007 he received the Armin Loeb Award from the United States Psychiatric Rehabilitation Association for his

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contributions to research on the treatment of mental illness. Mueser's book with Susan Gingerich, *The Complete Family Guide to Schizophrenia* (Guilford Press), 2006) was the recipient of a 2007 Ken Book Award, presented by the Kenneth Johnson Memorial Research Library at the National Alliance on Mental Illness of New York City Metro.

Suggested Interview Questions

1. Early in your book, *The Family Intervention Guide to Mental Illness* you say more than 54 million Americans have a mental disorder, yet only 8 million seek treatment. Why is this?
2. Bodie, you touch on a personal experience you've had with mental illness. Can you talk about this and tell us how it led you to become an advocate for the mentally ill?
3. What are some of the signs that a loved one is suffering from a mental illness as opposed to just feeling sad or anxious?
4. You offer a nine-step program for addressing mental illness and step six is "Find the therapy or rehabilitation most suitable for your loved one." What is the difference between therapy and rehabilitation and what are a few things that everyone should know about them?
5. What are a few do's and don'ts for initiating a conversation about mental illness with a loved one?
6. What should you do if your loved one refuses to seek professional help or refuses to believe there's a problem?
7. If you could get rid of three misconceptions about mental illness what would they be?
8. You say that "medication can help mend the mind." How?
9. What are some of the most common reasons why people don't want to take medication and what are some of the realistic and unrealistic concerns about psychiatric medication?
10. Step eight is "Keep living your life." What are some of the stresses that family members of someone with mental illness faces and how can they keep living their lives in the face of those stresses?

What's Been Said about *The Family Intervention Guide to Mental Illness*

"An absolute winner, this book fills a major need among families. In its clear text and numerous guidelines, the book plots a reliable course to follow through the many pitfalls that can occur when a family is not sufficiently informed about how to interpret the distressing behavioral symptoms that come with mental illness."

—**Joyce Burland, Ph.D.**, national director, NAMI Education, Training and Peer Support

"In this pioneering work, Morey and Mueser provide a guide for families, a guide that will prevent some of the devastation that often does, but need not, accompany mental illness. They have made it possible for family members to work with rather than against those they love and to help heal the suffering and hurt that so many endure. For this we owe them a monumental debt of gratitude."

—**Mark L. Rosenberg, MD, MPP**, executive director of the Task Force for Child Survival and Development and assistant surgeon general (retired) of the US Public Health Service

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"Above all, this is a book about love. Families will rely on it to help loved ones. They will share it with friends when their families in turn are confronted by mental illness. The book covers a broad spectrum of concerns from recognizing symptoms to maintaining wellness—and offers practical information and strategies. First-hand knowledge and down-to-earth perspective provide concise discussions of good steps, bad steps, wish lists, pitfalls, and recipes for success."

—**Michael J. Fitzpatrick, MSW**, Executive Director, National Alliance on Mental Illness

"*The Family Intervention Guide to Mental Illness* is a comprehensive and useful guide for recognizing and dealing with mental illness in loved ones. It is easy to read and offers practical advice on what to do, with each section having a list of "steps" and "missteps." The guide covers important topics such as the recognition of early signs, diagnosis, finding help, choosing a doctor, treatments, and prognosis. The authors are upbeat and optimistic, addressing fear and stigma while showing people how to care for themselves and their families. This guide will be helpful to anyone who has a family member with mental illness."

—**Cheryl Corcoran, MD**, director of the Center of Prevention and Evaluation (COPE), a clinical research program at Columbia University for young people at increased risk for psychosis and other mental disorders

"An invaluable and user-friendly guide to navigating the bewildering maze of mental health diagnoses and treatment options. A must-read for the loved ones and friends of people with a mental disorder. Highly recommended."

—**Scott O. Lilienfeld, Ph.D.**, associate professor in the Department of Psychology at Emory University

"Morey and Mueser have written an invaluable resource for families on mental illnesses. Scientifically current yet easily read, this volume demystifies psychiatric jargon to help families correctly identify mental health problems and successfully respond to them. The volume is filled with practical advice about real-world situations, including helpful case vignettes. It will do much to build knowledge and improve access to and participation in care."

—**David Shern, Ph.D.**, president and CEO of Mental Health America, formerly the National Mental Health Association, the oldest and among the largest mental health education and advocacy organization in the United States

"This book amazed me. Having worked with families of people with a mental illness for my entire professional career, I could not believe that one book was able to cover such a variety of issues facing families of people with a mental illness. To read a book which guides family members in positive ways—from the earliest manifestations of problematic behaviors (the something-is-not-quite-right stage) through to the situations of more established patterns of long-term mental illness—was for me a truly exhilarating experience. I feel sure the book will become a guiding light."

—**Margaret Leggatt, Ph.D., B.App., Sc. (O.T)**, coordinator of the Family Participation Project at ORYGEN Youth Health in Parkville, Victoria, Australia, and past president of the World Fellowship for Schizophrenia and Allied Disorders

"This book is an outstanding and long-overdue contribution to the field of mental health. This is a comprehensive and practical guide based on sound knowledge for anyone who has a family member with a mental illness or has concerns about a relative or friend. What is most striking about this book are its clear, "How to care for..." instructions that could almost be put up on the fridge. It offers help from the moment someone wonders if something is wrong to the point of recovery or even the need for longer-term care. Most importantly, its style undoubtedly normalizes the concern about mental health problems and caring for someone with a mental illness."

—**Jean Addington, Ph.D.**, professor of psychiatry at the University of Toronto and president of the International Early Psychosis Association

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