Shine

 Supporting People Affected by Mental Ill Health

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

One of Shine’s main objectives, is to provide support services to the family members of people affected by mental ill health and one of the ways we do this, is through the provision of our Family Education Course; **“Recovery and the Family”.**

The course can be broken down into 7 sessions, run on a weekly basis, with each session lasting 2 hours in duration. The course is open to all family members and friends who are supporting a person who is affected by mental ill health.

 The course is delivered as follows:

**Session 1: Relatives Needs in the Recovery Journey**

Goal of the session: To gain an understanding of recovery and how relatives may experience it, focusing on recovery for the relatives as opposed to recovery for the individual who is ill.

 **Session 2: Experiences of People with Mental Health Difficulties**

Goal of the session: To gain a better understanding of the triggers and challenges associated with mental ill health.

 **Session 3: The Admission Process and the Mental Health Services**

Goal of the session: To gain a better understanding of the admission process and the services that are available to assist family members.

 **Session 4: Life Hope, Suicide Prevention**

Goal of the session: To provide relatives with an insight into suicide prevention and the supports available to people at risk of suicide and their families.

**Session 5: Challenging and Overcoming Stigma**

Goal of the Session: To gain an understanding of self-stigma, disclosure and overcoming stigma.

 **Session 6: Effective Communication in the Recovery Process**

Goal of the session: To gain an insight into the roles we adopt when communicating with others and how to avoid unproductive confrontation.

 **Session 7: Relatives Self Care in the Recovery Process**

Goal of the session: To discuss and understand what self-care is and how to develop a personal care plan.

**Venue:** Barlow House, Drogheda

**Dates:** Wednesday 3rd October to Wednesday 14th November 2018

**Time:** 7pm to 9pm

**If anybody would like more information about the course, please feel free to contact The Regional Development Officer. The contact details are as follows:**

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