

Family-to-Family Fall 2015 – Final Report

Four communities hosted the Family-to-Family program during fall 2015 and returned their course evaluations in time for inclusion in this report. There were a total of 39 participants (Manchester = 10, Nashua = 15, Portsmouth = 14).

39 participants completed the pre/post evaluation book. Three month follow-up surveys are scheduled to go out in late winter/early spring.

Background

Percent of participants who indicated that they learned of the course through... (Percent may not add up to 100 because participants could select more than one source or may have left the item blank)

Source	Percent – Total	Percent – Valid
1. NAMI Education Course Brochure	3	3
2. NAMI Support Group	28	28
3. Newspaper	0	0
4. Poster	3	3
5. Referral by Friend, NAMI Member or NAMI employee	28	28
6. Referral by Health Professional	31	31
7. Website/Internet	21	21
8. Other	3	3

My relative/friend of primary concern to me, and the reason for taking this course is:

Relationship	Percent – Total	Percent – Valid
1. Parent/Guardian	3	3
2. Sibling	3	3
3. Child	92	92
4. Spouse/Significant Other	3	3
5. Friend	0	0
6. Other	3	3

My relative/friend of primary concern lives:

Location	Percent – Total	Percent – Valid
1. With me	54	60
2. With other family member	3	3
3. In their own home/apartment	31	34
4. In supervised residence	0	0
5. In hospital/nursing home	0	0
6. Other	3	3
7. Don't know	0	0

My relative's/friend's current diagnosis includes (Percent may not add up to 100 because participants could select more than one diagnosis):

Diagnosis	Percent – Total	Percent – Valid
1. ADD/ADHD	15	15
2. Autism Spectrum Disorder	5	5
3. Bipolar Disorder	44	44
4. Borderline Personality Disorder	10	10
5. Depression	41	41
6. OCD	10	10
7. PTSD	8	8
8. Schizophrenia	5	5
9. Schizoaffective Disorder	5	5
10. Severe Anxiety Disorder	31	31
11. Other	3	3
12. Don't Know	13	13

Age/Gender of relative/friend of primary concern:

Age Group	Percent – Total	Percent – Valid		Gender	Percent – Total	Percent – Valid
Under 18	10	10			Female	26
19-34	69	69	Male		44	63
35-49	10	10				
50-64	5	5				
65-74	3	3				
Over 75	3	3				

Knowledge and Skills

Please indicate the extent to which you agree or disagree with the following statements

1=Completely Disagree, 2=Mostly Disagree, 3=Neither Agree or Disagree, 4=Mostly Agree, 5=Completely Agree	Mean Score at First Class	Mean Score at Last Class
1. I have an understanding of the different types of mental illness	3.30	4.38***
2. I am aware of the different treatments for mental illness	2.92	4.27***
3. I understand that recovery from mental illness can be a gradual process that may include setbacks as well as progress	4.44	4.92***
4. I feel concerned about the time I spend taking care of my relative due to his/her illness and how that takes time and attention away from other family members	4.57	4.89*
5. I feel confident in handling negative comments about persons with mental illness	3.50	4.39***
6. I do not have an understanding of the causes of mental illness	3.14	1.70***
7. I feel I can count on NAMI NH to be a part of my support system	4.29	4.79***
8. I understand that recovery is not about being "cured" but about finding a vision of hope and what is possible for my friend or relative's future	4.33	4.81***
9. I feel powerless in fighting the stigma and discrimination that my friend or relative experiences	2.94	2.14**
10. I am aware of the services offered for persons with mental illness at my local community mental health center	2.67	3.72***
11. I am aware of the services offered for persons with mental illness at local peer support agencies	2.42	3.92***
12. I do not understand the importance of family involvement in y loved one's treatment process	2.03	1.36**
13. I understand how therapy, supported employment, and/or learning communication skills can help a person with mental illness	4.40	4.69*
14. I understand how medications used to treat mental illness work	3.24	4.16***
15. I understand that advocacy means taking action both on individual and group levels	4.00	4.69***
16. I do not feel I am able to ask for help and support when I need it	2.59	1.70***
17. I feel that I have positive relationships with my family members	3.86	4.19**
18. I feel alone/isolated in dealing with my ill friend or relative	3.19	2.51**
19. I understand that there are things I have no control over when it comes to my loved one's recovery process	4.16	4.76***
20. I feel favorable about the work NAMI does	4.56	4.89**

Difference is significant a the * = .05, ** = .01, *** = .001 level

How much are participants able to do the following – pre-test to post-test

- Increase in scores is desired

1=Not at All, 2=Very Little, 3=Some, 4=A Lot	Mean Score at Pre-Test	Mean Score at Post-Test
1. Effectively communicate with my ill friend or relative	2.73	3.16**
2. Apply skills to manage the worry I feel about my friend or relative	2.54	3.22***
3. Support my friend or relative's individual recovery process	3.14	3.48*
4. Find help and support for myself in dealing with a friend or relative with mental illness	2.69	3.56***
5. Educate my family members on effectively supporting friends and/or relatives with a mental illness	2.47	3.31***
6. Access different types of services and supports available in my community, in order to help my friend or relative	2.22	3.19***
7. Engage in advocacy and stigma reduction activities	2.22	3.19***
8. Effectively communicate concerns about my friend or relative to his or her mental health treatment provider	2.51	3.31***

Difference is significant a the * = .05, ** = .01, *** = .001 level

How much are participants able to do the following – post-test to three month follow-up

- Increase or no statistically significant decrease is desired

1=Not at All, 2=Very Little, 3=Some, 4=A Lot	Mean Score at Post-Test	Mean Score at 3-Month Follow-Up
1. Effectively communicate with my ill friend or relative	N/A	N/A
2. Apply skills to manage the worry I feel about my friend or relative	N/A	N/A
3. Support my friend or relative's individual recovery process	N/A	N/A
4. Find help and support for myself in dealing with a friend or relative with mental illness	N/A	N/A
5. Educate my family members on effectively supporting friends and/or relatives with a mental illness	N/A	N/A
6. Access different types of services and supports available in my community, in order to help my friend or relative	N/A	N/A
7. Engage in advocacy and stigma reduction activities	N/A	N/A
8. Effectively communicate concerns about my friend or relative to his or her mental health treatment provider	N/A	N/A

Difference is significant a the * = .05, ** = .01, *** = .001 level

Satisfaction

Please rate the following features of the Family-to-Family Course you have just participated in

1=Fair, 2=Good, 3=Very Good, 4=Extremely Good, 5=Excellent	Mean Score
1. Overall	3.76
2. Instructor(s) knowledge	3.84
3. Ability of instructor(s) to deliver the material	3.84
4. Pace of individual sessions	3.64
5. Amount of class participation	3.68
6. Opportunity to practice skills taught in the class	3.53

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