

## Family Frequently Asked Questions

1. Does NAMI Metro Suburban have a Family Support Group? We have three! There is a Family Support Group on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month from 7-8:30 at 814 Harrison Street in Oak Park. There is a Parent Support Group for caregivers of tweens and teens on the 1<sup>st</sup> Thursday of the month in Western Springs at First Congregational Church (1106 Chestnut Ave. – enter near the playground). And there is a Spanish Language Family Support Group on the 4<sup>th</sup> Thursday of the month at the Quinn Center of St. Eulalia, 1832 S. 8<sup>th</sup> Ave in Maywood. Go [here](#) to see any updates.
2. How Can I Learn More about 504 Plans and IEPs: [NAMI Basics on Demand](#), an online self-paced course for caregivers of children and teens offers information on 504s and IEPs. The [Equip for Equality Website](#) provides additional information as well.
3. Where can I take my loved one in a mental health crisis? If your loved one is not in immediate danger and 18 or over, you can visit the [NAMI Living Rooms](#) in LaGrange, Broadview or Summit from 12-8pm. While there your family member can get a mental health assessment and speak with a Certified Recovery Support Specialist (peer counselor). If your loved one is in 9<sup>th</sup> to 12<sup>th</sup> grade, you can visit [The Loft at 8 Corners](#) in Brookfield from 1-8pm. You can also visit an Emergency Room. If you believe your loved one is a danger to themselves or others, call 911 and ask if a CIT or mental health trained police officer is available.
4. Where can I learn more about various mental health diagnoses? NAMI Metro Suburban has resource page, go [HERE](#).
5. What resources does NAMI have for my family member? NAMI Metro Suburban has a Drop In Center, 3 Living Rooms, Connections Support Groups and W.R.A.P. classes for adults 18+. You can find more info [here](#). Teens in 9<sup>th</sup>-12<sup>th</sup> grade can visit [The Loft at 8 Corners](#).
6. How can I find a therapist or psychiatrist? [Psychology Today](#) has a Find a Therapist tool. You can also check with schools, doctors, and other community members. There may also be a local clinic in your town.
7. How can I get my loved one to seek help? This [article](#) has good ideas.
8. What is the difference between NAMI Basics and Family to Family? NAMI Basics is a self-paced online class for caregivers of children and teens. It addresses diagnoses, communication, IEP/504s, medications and other information. It is available as both a live class and online. Family to Family is an 8 week class for family members of adults and covers diagnoses, communication, medications and self-care. For further information and start dates for the next class contact the Family Support Specialist at 708-524-2582 ext. 108.
9. How can I find out about the next Family to Family or Basics classes? Please contact the Family Support Specialist at 708-524-2582, ext. 108 and you will be added to the interest list for the next class.
10. How are the various types of therapy different? This [link](#) lists and describes many different kinds of therapy.
11. What is the difference between inpatient, partial hospitalization, intensive outpatient and outpatient treatment? Inpatient refers to hospitalization in a behavioral health

hospital or unit. Partial hospitalization is a day program - typically 5 days/week, approximately 6 hours per day. PHP usually includes a psychiatrist, individual therapy and group therapy. Intensive Outpatient is usually 3-5 days/week for approximately 3 hours per day. Outpatient treatment is seeing an individual treatment provider by appointment.