

Lending Resources For Multifamily Psycho-education Group Meetings

These DVD's & Videotapes are intended to assist clinicians involved in running MFG meetings.

To borrow any of the resources listed below, email Ted Kasper (Ted.Kasper@mccmh.net). If you have any suggestions for additional resources which would be beneficial in facilitating MFG meetings, please contact Stephanie Lange.

OTHER PRINTED RESOURCES FOR DOWNLOAD CAN BE ACCESSED BY:

- clicking on your browser's back button
- hover your mouse over the MCCMH Training tab
- on the drop-down menu, click on "Resources for FPE (Multifamily Psychoed Groups)"
 - click on the title of the resource

ACHIEVING A BALANCE: A Beginning of Hope For Patients w/ Bipolar Mania

This VHS videotape, sponsored by Eli Lilly and Co, contains interviews with individuals being treated for bipolar disorder. The interviews focus on their experiences and feelings leading up to diagnosis and on-going treatment. While the emphasis is on Zyprexa in this videotape, there is some important medical commentary by leading experts in bipolar disorder.

2000, run time: approx. 20 minutes #2117

BELIEVE IN ME: Awareness Helps

This DVD is a part of the Anti-Stigma Campaign: Learn the Truth About Mental Illness from the Washtenaw County Community Support & Treatment Center. Topics covered are: Symptoms, Treatments/Outcomes, Early Intervention/Prevention, Community Awareness, and Recovery & Wellness

2009, run time: 75 minutes #2103

DEPRESSION: The Road To Recovery

This VHS videotape, sponsored by Eli Lilly & Company, offers an in-depth look at depression: its causes and who it affects and explains how to get the best out of the course of treatment that has been prescribed. Although it focuses on the use of Prozac, some good general information is presented.

1995, run time: approx. 10 minutes #2116

FAMILY PSYCHOEDUCATION Evidence-Based Practices KIT

This CD-ROM/DVD guides mental health service providers in developing family psychoeducation mental health programs, those that involve a partnership among consumers, families, practitioners, and supporters. Offers guidance grounded in evidence-based practices. There are two parts to this kit: *Introduction*, run time: 11 minutes , *Practice demonstration video*, total run time: 75 minutes
2005, #2104

FAMILY PSYCHEDUCATION IMPLEMENTATION RESOURCE KIT

Same as above listed DVD. #2105

I AM NOT ALONE

This DVD, a collaboration between Crossroads Clubhouse and Liberties, Inc, features adults with mental illnesses speaking about their challenges. It is considered to be a very well presented introduction to living with a mental illness.

2008, run time: 13 minutes 3 copies: 2109, 2110, 2111

INSIDE OUTSIDE: Building a Meaningful Life After the Hospital

This DVD depicts the lives of 8 people as they transition from nursing homes & psychiatric hospitals into the community. The message is: recovery and life in the community are possibilities even for people who are viewed as the most impaired. 2004, run time: 49 minutes #2100, 2nd copy: #2101

In the Introduction to this DVD, the 4 stages that people in the film go through as they make the transition from institutions to the community. The Introduction provides viewers with helpful information to engage in group discussions about topics related to recovery and community integration. run time: 19 minutes

INTERVIEW WITH BEA RUSIE, RN

This DVD discusses some of the questions that families with a member have concerning the illness. Bea is a staff member with MCCMH and shares information with families.

2011, run time: approx. 45 minutes 3 copies: 2112, 2113, 2114

MINDSTORM: A Virtual Hallucination

This DVD simulates a severe episode of auditory and visual hallucinations. Before showing this DVD, it is required that you preview it and read the precautionary statements on the cover of the DVD box.

2007, run time: 6 ½ minutes #2102

LIVING WITH SCHIZOPHRENIA

This VHS videotape, sponsored by Pfizer, Inc, is part of the Treatment Resources for Understanding Schizophrenia Therapy (TRUST) series.

2001, run time: approx. 17 minutes #2115

THE SCIENCE OF MENTAL ILLNESS: Like Any Other Kid

This DVD, produced by the National Institutes of Mental Health, tells the stories of 4 young adults and their mental illnesses. They offer insights about the need to listen and what it means to “be supportive”.

2004, run time: 24 minutes 3 copies: 2106, 2107, 2108