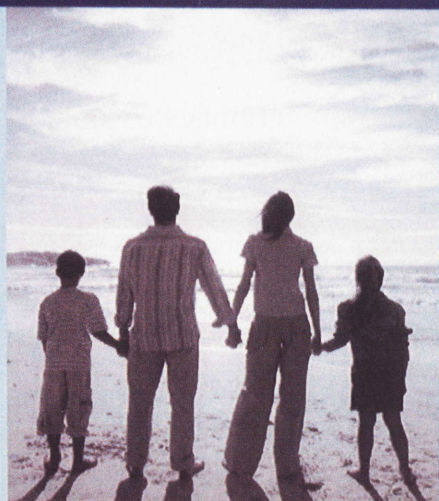


**"Taking care of yourself  
does not mean  
doing it all alone."**

*-Shakti Gawain*



# Support And Family Education

Adapted from Michelle Sherman, Ph.D.  
Director, Family Mental Health Program  
Oklahoma City VA Medical Center  
Revised December 2009



VASDHS MMPS  
12/09

**A**re you the family member or friend of a veteran who has emotional problems or has experienced trauma?

***You Are Not Alone***

# Support And Family Education

**VA SAN DIEGO**  
HEALTHCARE SYSTEM



*A Division of VA Desert Pacific  
Healthcare Network*

**SAFE Program**  
**Mental Health Facts for Families**

**Christine Rufener, Ph.D.**



**I**n the United States, one in four families has a loved one with a mental illness. Helping loved ones cope with emotional problems due to mental illness and trauma can be very stressful. The San Diego VA Medical Center wants to support you.

The **SAFE** Program, **Support And Family Education**, Mental Health Facts for Families, is a biweekly 1½-hour confidential workshop **for family members and friends** of veterans.

There is no cost associated with participating in the program. All adult family and friends are welcome.

**Attending the SAFE Program provides opportunities to:**

- Talk with other family members in similar situations.
- Learn about the causes and treatments for emotional problems.
- Receive emotional support and encouragement.
- Ask important questions.
- Improve your ability to take care of yourself.

For more information,  
please contact Dr. Christine Rufener,  
Local Recovery Coordinator  
(858) 642-3888

**2010 Schedule for  
SAFE Program  
5:00 - 6:30 pm  
Room 2011 - Second Floor  
La Jolla Medical Center**

**Jan 12** Knowledge is Power:  
Causes of Mental Illness

**Jan 26** What To Do When My Family  
Member is Angry or Violent

**Feb 9** Staying on Course: What to Do  
When Help is Turned Away

**Feb 23** Keep it Together: How-to's for  
Managing Stress Effectively

**Mar 9** PTSD and Its Impact on the Family

**Mar 23** Empowering Your Loved One on  
the Journey of Recovery

**April 6** Work it Out: Problem-Solving Skills  
for Families

**April 20** Seeking Peace: Creating a Low-Stress  
Environment and Minimizing Crises

**May 4** Say It Right:  
Communication Tips for Families

**May 18** Schizophrenia and Its Impact on  
the Family

**June 1** Taking Care of You:  
Practicing Self Care in  
Stressful Times

**June 15** Common Family Reactions to  
Mental Illness

**June 29** Depression & Bipolar Disorder  
and Their Impact on the Family

**July 13** Do's and Don'ts in Helping Your  
Family Member

**July 27** Rights and Responsibilities of  
Veterans, Family Members,  
and Professionals

**Aug 10** Limit Setting and Boundaries with  
Family Members

**Aug 24** Dealing with Stigma Surrounding  
Mental Illness

**Sep 7** PTSD and Its Impact on The  
Family Revisited

**No Reservations Needed  
Confidential - No Charge  
Please Attend Any Sessions That  
Are of Interest**