



## Learning Objectives

### Module 1: Introduction to Serious Mental Illness

After completing this module, you will be able to:

- Define serious mental illness.
- Describe the major SMI categories.
- Recognize that people living with SMI can and do live meaningful lives.

### Module 2: Understanding Serious Mental Illness

After completing this module, you will be able to:

- Identify differences between SMI and dementia.
- Discuss the myths vs. facts about serious mental illness.
- Explain how care providers can make a difference and impact the quality of life of a person living with SMI.

### Module 3: Living with Serious Mental Illness

After completing this module, you will be able to:

- Discuss the challenges of living with a serious mental illness.
- Recognize the perspectives of people living with SMI.
- Explain how managing a serious mental illness involves the goal of living a meaningful life.

### Module 4: The CARES® Approach and Providing Appropriate Care

After completing this module, you will be able to:

- Describe the CARES® Approach.
- Give examples of each step (or letter) in the CARES Approach.
- Recognize the importance of taking care of yourself.