



### Family Caregivers Unite!

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**December 9th 2013: A Psychiatrist and a Family Caregiver Review Resilience**

Dr. Sarah Y. Vinson, [www.drSarahVinson.com](http://www.drSarahVinson.com), is a psychiatrist specializing in child and adolescent, and adult and forensic psychiatry. She's based in Atlanta, GA. Anika Francis, [www.anikafrancis.com](http://www.anikafrancis.com), is author, instructional designer, Yoga Therapist, and owner of the Atlanta-based company, Edspire, LLC. They talk about their lives and work, and explain what resilience means for persons with serious mental illnesses and their family caregivers. From the perspectives of family caregiving and psychiatry, they discuss challenges experienced by family caregivers and family members living with mental

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#### Dr. Sarah Y. Vinson

Dr. Sarah Y. Vinson, [www.drSarahVinson.com](http://www.drSarahVinson.com), is a child & adolescent, adult and forensic psychiatrist based in Atlanta, GA. She is an Assistant Professor of Psychiatry at Morehouse School of Medicine and Adjunct Faculty of Child & Adolescent and Forensic Psychiatry at Emory University. She is the founder and editor of the culturally-tailored psycho-educational website BlackMentalHealthNet.com. She has worked in a wide variety of mental health treatment settings. She currently serves as the Trustee at Large and Advocacy Liaison for the Georgia Council on Child and Adolescent Psychiatry. She has been a speaker at national conferences including the American Ps

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#### Anika Francis

Anika Francis is an author and instructional designer/Yoga Therapist and owner of the Atlanta-based company, Edspire, LLC, [www.anikafrancis.com](http://www.anikafrancis.com). She was exposed to schizophrenia as a child when her mother developed it.

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