

Family Education Introduction Slides

Review of Rationale for including Family Work as a Core Component of First Episode Treatment?

- Patients and relatives need information on to help them better understand and cope with psychosis.
- Patients want and need the support of their families to get back into the mainstream of life.
- Relatives often want to know the best way to provide assistance and be a part of the patient's recovery.
- Patients want to develop skills and benefit from the help of their relatives.
- Relatives need help reducing burden and stress.

Overview of NAVIGATE Family Education Components and Organization of Manual

What Principles Guided the Development of the NAVIGATE Family Program?

- Identify and build on common ingredients from effective family programs
- Incorporate resiliency and recovery attitudes and practices
- Meet people where they are
- Build on participants' strengths
- Develop a collaboration among patients, relatives, and team

What Principles Guided the Development of the NAVIGATE Family Program?

Be Flexible:

- In providing content (more or less depending on family)
- In site (at clinic, at home, in community)
- In participants (patient may or may not be present)
- In scheduling
- In duration

Family Program Goals

- Educate about the psychiatric disorder
- Improve hope
- Reduce negative emotions in family
- Enlist relatives' involvement with developing the treatment plan and helping participant follow through with treatment
- Facilitate the family members' ability to monitor the disorder and communicate with treatment team

Family Program Goals

- Instill resiliency and recovery attitudes
- Provide accurate information
- Teach coping skills
- Establish and maintain relationships for the long haul

How does NAVIGATE Family Education Work?

Engagement,
Orientation,
Assessment,
and Consent for
Sharing of
Information

Family
education
and
resolving
urgent
issues (8-10
sessions)

Involvement in
IRT, SEE, and
Psychopharm

More intensive
problem-solving
and consultation
as needed

Monthly check-ins

The NAVIGATE Family Education Manual: A Tour

- Introduction and overview to family program
- Clinical Guidelines and materials for engagement, orientation, and assessment
- Clinical Guidelines for educational sessions
- Matching Educational Sessions Handouts (“Just the facts”...)
- Format for monthly check-ins after education
- Clinical Guidelines for family consultation
- Participant Handouts for family consultation
- MIST- Modified Intensive Skills Training
- Discharge Planning

Aspects of Family Intervention

1. Engagement
2. Orientation
3. Assessment
4. Education about psychosis
5. Communication skills training
6. Monthly check-in's
7. Brief consultations and problem-solving