

EPI SET – Family Education

October 22nd, 2019

camh



Objectives:

1. Understand ways to enhance relatives' ability to support recovery
2. Understand relative burden

Rationale for Family Work

- Clients and relatives need information on how to better understand and cope with psychosis
- Clients want and need the support of their families to resume age appropriate activities
- Relatives often want to know the best way to support the client's recovery
- Clients want to develop skills and benefit from the help of their relatives
- Relatives need help reducing burden and stress (Gingerich)

Family Involvement is Helpful for many reasons

- Better coordination of care
- Fewer medication errors
- Decreased hospitalization and relapse
- Increased rates of recovery
- Decreased involvement with the criminal justice system
- Greater satisfaction in client and family health care experience
- Enhanced commitment to treatment choices

Family Involvement is Helpful for many reasons

Data shows that being a family member of someone with a serious and persisting mental illness can be hard:

- Families experience considerable **subjective burden**,
 - e.g., anxiety, worry, grief, sadness
- Families experience considerable **objective burden**
 - e.g., expenditure of time and resources
- Families often have significant **other burdens** (Gingerich)

Relative Burden

- Grief over loss of healthy child/sibling/partner/grandchild
- Stigma and self-stigma
- Self-blame, guilt and remorse
- Concern about impact on siblings over their lifespan

Family Education at Slaight Centre

- Integral part of our model of care
- Incorporate resiliency and recovery attitudes/practices throughout

Engagement

Assessment

Psychoeducation

Support

Key Activities for Families

- **Engagement and orientation to family education sessions** followed by 8 to 10 educational sessions and monthly check-ins
- **Family psychoeducation group:** an 8 session weekly group program based on the NAVIGATE model that incorporates a range of topics including: psychosis, medication, concurrent disorders, communication and relapse prevention
 - This group has a number of guest speakers: Slaight psychiatrist, Slaight psychologist (concurrent disorders specialist), a peer support worker and her family share their experience

Key Activities for Families Cont'd

- **Weekly group for supportive conversation** facilitated by family clinicians
 - Families share their wisdom, challenges, successes and concerns
- **Weekly Skills Group** to learn practical skills such as:
 - Problem management
 - Effective communication
 - Dealing with mental health system
 - Crisis management
- **Connection to community resources** such as MDAO, SSO, FAME, Stella's Place and CMHA

Important not to be prescriptive

- At outset of contact, families frequently in crisis following a hospital admission, emergency visit, contact with police or criminal justice system
- Range of steps need to be prioritized depending on above
- Meetings with family members are in person or by telephone
- Interpreters commonly used

References

Navigate Family Education Program

Navigate Family Clinician Training CAMH 2017

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O'Grady, C. P. & Skinner, W.J. W. (2007). A Family Guide to Concurrent Disorders. Centre for Addiction and Mental Health

Thank You

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