

Beyond Navigate in Family Work

EPI-SET ECHO presentation

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camh





Agenda

- 1) The need to expand the Navigate Model of Care at Slaight
- 2) How we are doing it (FPF)
- 3) Skills Group for Family Members



NAVIGATE

Individualized Medication Treatment	Individualized Resiliency Training	Supported Employment & Education	Family Education	Peer Support Worker Family Peer Facilitator
<ul style="list-style-type: none">▪ Reducing symptoms and preventing relapses in order to help people achieve their desired goals	<ul style="list-style-type: none">▪ Helping clients achieve personal goals by teaching them about their disorder and its treatment▪ Reducing self-stigmatizing beliefs▪ Helping them learn social and resiliency skills	<ul style="list-style-type: none">▪ Helping clients to develop education and employment goals related to their career interests▪ Specialists work with clients to help them obtain jobs or enroll in educational programs	<ul style="list-style-type: none">▪ Teaching families about psychosis and its treatment▪ Reducing relapses by encouraging medication adherence & monitoring signs of relapse▪ Reducing family stress via improved communication & problem solving	<ul style="list-style-type: none">▪ Providing emotional and practical support through lived experience▪ Provide hope and encouragement▪ Modeling that recovery is possible.▪ FPF:▪ Sharing, supporting and guiding other family members



Family Groups

- ➔ **Learn About Psychosis Group (LAP group)**
 - ❖ Psychosis, symptoms, SVM, medications, schizophrenia, bipolar, substances, relapse prevention, communication etc.

(cont.)

Family Groups

➤ Family Support Groups

- Requirement: Having attended the **LAP family group**
- 2 Weekly drop-in groups for family members.

PROVIDING COMFORT AND ENCOURAGEMENT



Family Support Group

- What is It?
- Why Does it Help?
- How are we Evolving?
 - Pass it Forward
- Learning how to Communicate and Educate
 - We Teach Each Other
- Experience, Empathy, and Planning
 - Gives Hope and Confidence
- **RECOVERY IS EXPECTED**
- **IT TAKES A VILLAGE!**





Family Support Group

- **The environment**

- Non-Judgemental
- A place to be heard
- Understanding

- **Educating**

- Learning from each other's experiences
- Better communication

- **You are not alone**

- Hope
- Building Friendships

- **Confidence**

- Planning



After a year or two at Slaight

A lot of family members were not supporting their loved one in an effective manner:

- The relationship with their loved one was strained
- Rigid ideas
- Boundaries
- I just want my son/daughter back



BEYOND Navigate in Family work

- Knowledge is not enough to make changes in attitudes and behaviors
- In order to Apply effectively, the knowledge FM gained in the LAP and FSG, FM would need to learn and practice new skills



Skills taught in the “Skills group for families”

DBT

- Mindfulness
- Radical Acceptance
- Wise Mind
- Validation

LEAP

- **L**isten
- **E**mpathize
- **A**gree
- **P**artner

Thank You

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