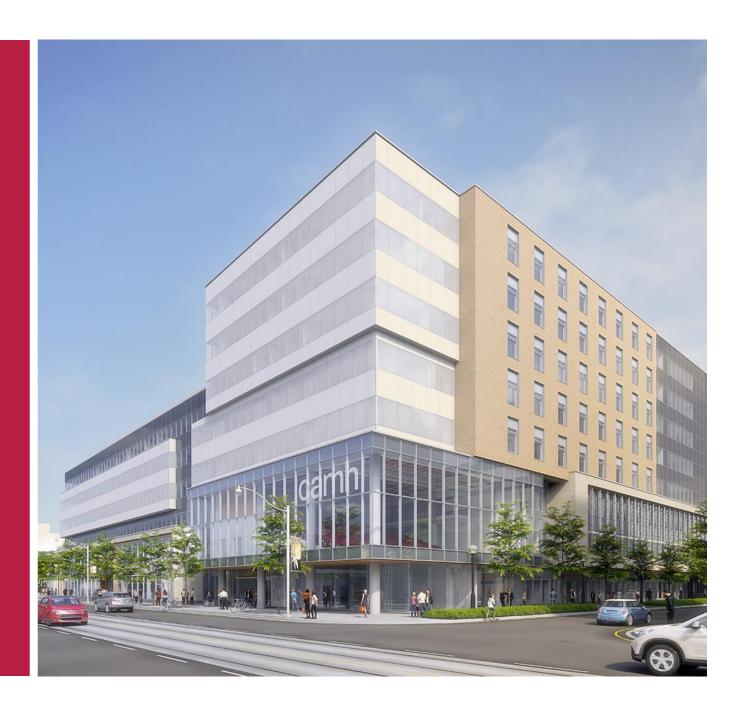
# **EPI SET – FAMILY EDUCATION**

October 2<sup>nd</sup>, 2020

camh



### NAVIGATE TIPS AND TICKS

#### **Objectives:**

- To share how we are implementing the Navigate Family Education Manual at Slaight
- The Impact of family members involvement in Navigate

# **NAVIGATE**

## **Individualized Medication Treatment**

 Reducing symptoms and preventing relapses in order to help people achieve their desired goals

#### Individualized Resiliency Training

- Helping clients achieve personal goals by teaching them about their disorder and its treatment
- Reducing selfstigmatizing beliefs
- Helping them learn social and resiliency skills

# Supported Employment & Education

- 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

#### **Family Education**

- 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

#### **Peer Support Worker**

- Providing emotional and practical support through lived experience
- Provide hope and encouragement
- Modeling that recovery is possible

# **FAMILY CLINICIAN**

#### **PROVIDES:**

- One-one phone sessions
- WebEx sessions
- Family session with the CAMH team, the client and his/her family
- Three Family Groups

#### NAVIGATE FAMILY EDUCATION PROGRAM

#### **TOPICS:**

- I. Psychosis
- 2. Medication
- 3. Coping with Stress
- 4. Basic Facts about Alcohol and Drugs
- 5. Healthy Lifestyles
- 6. Facts about Developing Resilience

- 7. Effective Communication
- 8. Developing a Wellness plan
- 9. Developing a Collaboration with Mental Health Professionals
- I0. A Relative's Guide toSupporting Recovery from Psychosis

# FAMILY GROUPS BASED ON THE NAVIGATE (FE) MANUAL

- Learn About Psychosis group (LAP) family group
- 2. Family Support Group (FSG)
- 3. Skills Group (SG)

# LEARN ABOUT PSYCHOSIS (LAP) FAMILY GROUP

- Cover the topics of the Navigate (FE)
- Virtual (WebEx)
- 10 to 12 Family members
- Once a week
- Evening group 600-7:30 pm
- Guest Speakers
- Power-point presentation

# LAP FAMILY GROUP

#### **GUEST SPEAKERS:**

- 2.Medication Psychiatrist
- **5. Facts about alcohol and drugs** Dr. Herman & Pharmacist
- 7. Facts about Developing Resilience Peer Support worker and her family & a mom who went through Navigate

# FAMILY SUPPORT GROUP (FSG)

**REQUIREMENT:** HAVE ATTENDED THE LAP GROUP

- Non educational
- Led by Family members

- Ongoing
- Weekly
- Drop-in

### **SKILLS GROUP**

### **Topics:**

- I. Skills training AAA model;Awareness, Acceptance, Action.
- 2. Communication skills (Validation).

- 3. Radical Acceptance.
- 4. Problem managing.
- 5. Self -care

- Family Education not only provides knowledge but helps set a path forward
- Watching your family member experience psychosis is traumatic
  - You start in crisis and you just want to "FIX IT"
  - You do not know what is happening

- You do not know who to turn to
- You do not recognize the person in front of you
- Your world is turned upside down

- You want the Doctors to focus on helping your loved one, but there are so many questions:
  - What do the medical terms mean?
  - What is the medicine being prescribe and what are the side effects?

- What do I do about the symptoms I am seeing?
- How do you communicate with someone in crisis?
- How do I help without making it worse?
- My loved one says they are fine and I know there not, what do I do?

- What works best when you experience a challenges?
- You quickly realize, I don't have the skills to deal with all of this...
- Family Education builds understanding
- With understanding you can start to shift

- > FROM high anxiety and helplessness
  - TO empowerment and strength to move forward

• Families are an important part of the Navigate Model and contribute to positive outcomes by becoming part of the support for recovery and building strategies to stay healthy

# Q&A





# Thank You

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