

# EPI SET – FAMILY EDUCATION

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camh



# NAVIGATE TIPS AND TICKS

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## 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 self-stigmatizing 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

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## 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

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## TOPICS:

1. 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
10. A Relative's Guide to Supporting Recovery from Psychosis

# FAMILY GROUPS BASED ON THE NAVIGATE (FE) MANUAL

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

# LEARN ABOUT PSYCHOSIS (LAP) FAMILY GROUP

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- 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:

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**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

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- Non educational
- Led by Family members
- Ongoing
- Weekly
- Drop-in

# SKILLS GROUP

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## Topics:

1. Skills training AAA model;  
**A**wareness, **A**cceptance, **A**ction.
2. Communication skills (Validation).
3. Radical Acceptance.
4. Problem managing.
5. Self -care

# IMPACT ON FAMILIES

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# IMPACT ON FAMILIES

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- 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

# IMPACT ON FAMILIES

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

# IMPACT ON FAMILIES

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- 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?

# IMPACT ON FAMILIES

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- 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?

# IMPACT ON FAMILIES

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- 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



# IMPACT ON FAMILIES

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

# IMPACT ON FAMILIES

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- 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

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**Thank You**

**camh**