

Family education and engagement are an essential component of optimal treatment

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*Key Findings in Early Psychosis Knowledge Sharing Initiative
Nova Scotia Early Psychosis Network*

DEPARTMENT OF PSYCHIATRY
Celebrating 65 years
1949-2014

 **DALHOUSIE
UNIVERSITY**
Inspiring Minds
Faculty of Medicine

Systematic reviews of research

- Family intervention may decrease the frequency of relapse
 - 16 RCTs
- Family intervention may also reduce hospital admission
 - 8 RCTs
- Three studies which included an economic analysis favour a net saving of direct or indirect costs
- Family intervention may also increase adherence to medication
 - 7 RCTs

Types of Education and Engagement

Level 1 Family Sensitive Work

- Helping families navigate the system
- Listening to the family's story
- Empathizing with the family and their situation
 - Based on the principal of accepting that the family is doing the best they can with a difficult situation with the resources they have

Level 2 Formal Family interventions

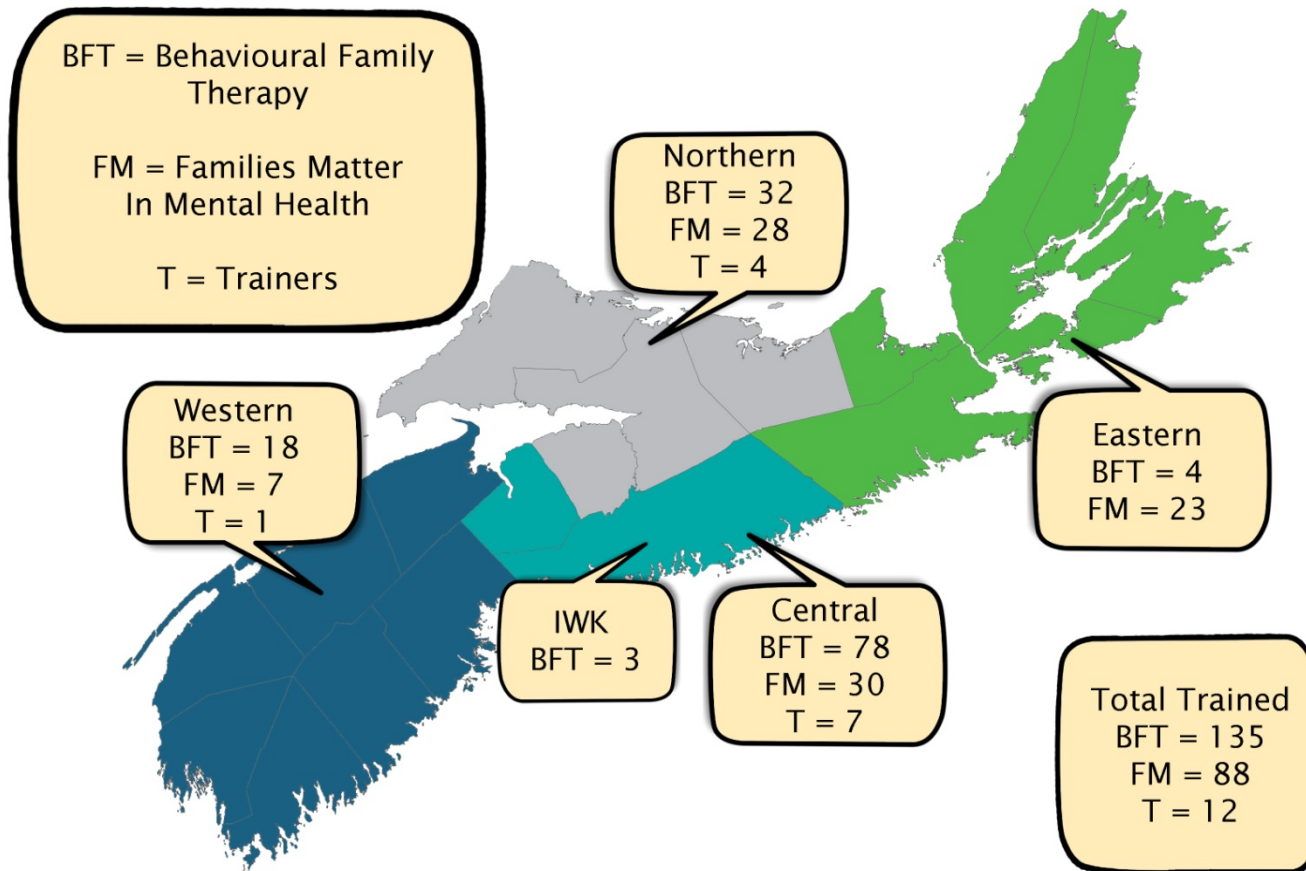
Psycho-educational approaches: includes skills component and sharing information among the individual, family, and provider

- Families Matter in Mental Health – Family members group sessions (11 weeks)
- Support Groups

Level 3 Formal Family interventions

- Behavioral Family Therapy (BFT) – Working with the family including the individual preferably in their home (12 weeks)

Family Work in Nova Scotia



Experience of BFT - Providers

- *“...I liked to think of myself as a clinician who involved family members, but it was often in the context of the individual. This enabled me to broaden my perspective to provide support in a way that is more relevant to all members of the family.”*
- *“The training has heightened my awareness, sensitised me, to consider families and family work in each and every patient encounter I have now. It's quite remarkable, actually. I am amazed at its sticking (to me) power.*
- *“... having family members share their specific experiences of the illness with each other - this was a powerful experience ... and it was something that had not been done in the past, even though they had been living with mental illness in the family for many years.”*

Experience of BFT - Family Members

- *“Family meetings are very valuable to sort through issues that come up through the week”*
- *“I am glad this is/was offered this has been very helpful for our family and I hope every family has it offered to them”*
- *“This is great, we need this...especially when it will be offered in the evenings and in their home. We definitely need to learn a different ways of communicating and expressing our concerns”*
- *“Just listening helps people to feel really heard”*
- *“It definitely gives me a lot of hope for recovery and resources/tools in case of a crisis”.*

Experience of *Families Matter*...

- ***“[I am] more aware of how I communicate with my loved one, not over react. Expect up and down days.”***
- ***“I have learned valuable communication and problem solving skills.***
- ***“Learn from the other parents' struggle. There is hope at the end of tunnel and don't lose hope”***
- ***“Some things I just wasn't doing the proper way (enabler). I've changed in that area”***
- ***“Learning from one another that there are coping methods to help yourself and each other.”***