



Early Psychosis Family Education Program



Why Family Work

- Recovery from psychosis is a collaborative endeavor involving the individual, their family and the treating team
- IN NSEPP
 - Families are integral to the recovery process
 - Families are actively engaged in the early stages of assessment and treatment
 - Education begins from the first point of contact



Working Towards Recovery

- Individuals and their families should be fully informed about the illness, it's treatment and outcome

Knowledge about the illness

- provides meaning for what is happening
- is empowering
- Can build positive expectations for the future and enhance quality of life (hope)



Family Intervention : Why?

- Family psychoeducation interventions have demonstrated
 - reductions in illness relapse, negative symptoms and patient hospitalizations
 - Improvement in medication adherence and may improve social functioning and levels of caregiver burden.
 - (Dyck, Hendryck, Short, 2002, Dyck et al 2002, Goldstein, et al, 1978, Hogarty, 1986, 1991, Mueser, 1997, McFarlane, 1995, Pharoah et al, 2003)



Family Interventions: Why?

- Families are essential partners in promoting recovery from a serious but treatable illness
 - An informed partnership actively involving them in defining needs and planning intervention programs
 - Estimated 50-80% persons with the psychosis live with family



Family Interventions: Why?

- Evidence to date so robust that family education and support interventions are considered a best practice in treatment of psychosis.



Program Objectives



Family Information Session

Program Objectives

- to provide information to families regarding the signs and symptoms of psychosis, causes of psychosis, course of illness, treatment, recovery and prevention of relapse
- to promote increased understanding of psychosis and the impact of psychosis on the individual and the family
- to promote increased understanding of the stress-vulnerability model as it applies to psychosis and increased understanding of the factors that contribute to recovery and to the prevention of relapse
- to provide families with an opportunity for discussing questions and concerns
- to provide families with a forum for the sharing of experiences, discussion of problems and exploration of problem-solving strategies