

Family Psychoeducation

Family Psychoeducation is a method of working in collaboration with clients and their families and other natural supports to support the consumer's recovery. Psychoeducation can be delivered to individual families or in multi-family formats. The American Psychiatric Association and the Agency for Health Care Policy and Research cite family psychoeducation as being one of the most effective ways to promote recovery. Recent studies show promising results for individuals diagnosed with bipolar disorder, major depression, severe mental illnesses, substance use disorders and co-occurring disorders. Family Psychoeducation goes beyond simply education to directly working with consumers and their families in individual or multi-family group sessions.

Goals for Family Psychoeducation:

- Consumer, family and providers work collaboratively to support recovery
- Imparts information about disorders
- Development of coping skills
- Facilitate movement toward consumer goals

Why provide Family Psychoeducation?

- Improves clinical outcomes, satisfaction, rates of recovery
- Practitioners feel more supported in their efforts to help clients manage the effects of their disorders
- Families feel more supported in their efforts to help clients manage the effects of their disorders
- Consumers feel more supported in their efforts to manage the effects of their disorders
- Improved cost-benefit ratios
- Decreases relapse rates
- Employment rates for consumers indicate a gain of 2-4 times baseline levels (especially when combined with supported employment)
- Has been demonstrated to work with diverse cultural groups

Components of Family Psychoeducation:

- Phase 1: Engaging with families, which may include altering intake processes and contacting family members
- Phase 2: Providing educational workshops for consumers and family members on mental health, substance use disorders and co-occurring disorders
- Phase 3: Providing multi-family groups and/or on-going individual family support to focus on recovery goals, family problem solving and rebuilding social networks