



# PISC 2023

## Family Psychoeducation

# Family Engagement

- Often overlooked
- ANY family engagement is better than NONE
- This may be the first time anyone has shown interest in natural supports' role in recovery



# Common Needs of a Person Coping with a Mental Illness



- Acceptance
- Understanding of Illness
- Recognition of Strengths
- Help identifying needs and goals
- Support Network
- Low Stress Environment



# Evidence-Based for Adults

- Schizophrenia
- Schizoaffective Disorder
- Bipolar Disorder

## Secondary Conditions

- Chronic Physical Illness
- SUD/COD

# What is Family Psychoeducation?

A problem solving method designed to:

- Help families and individuals better understand mental illness while working together towards recovery.
- Recognize the important role of natural supports in recovery.
- Help clinicians see markedly better outcomes for individuals and families.



# The History of Multifamily Groups



- Originated 30+ years ago in a NY hospital
- Families were offered education in a group format without individuals
- individuals wanted to join
- Hospital staff noticed significant improvements, e.g., Increased social skills and interest in treatment amongst individuals, improved family involvement and communication



# Three Central Ideas

- Expressed Emotion



- Bio-chemistry



- Socialization



# Evidence-based Benefits for Participants

- Promotes understanding of illness
- Promotes development of skills
- Reduces family burden
- Reduces relapse and re-hospitalization
- Encourages community re-integration, especially work and earnings
- Promotes socialization and the formation of friendships in the group setting



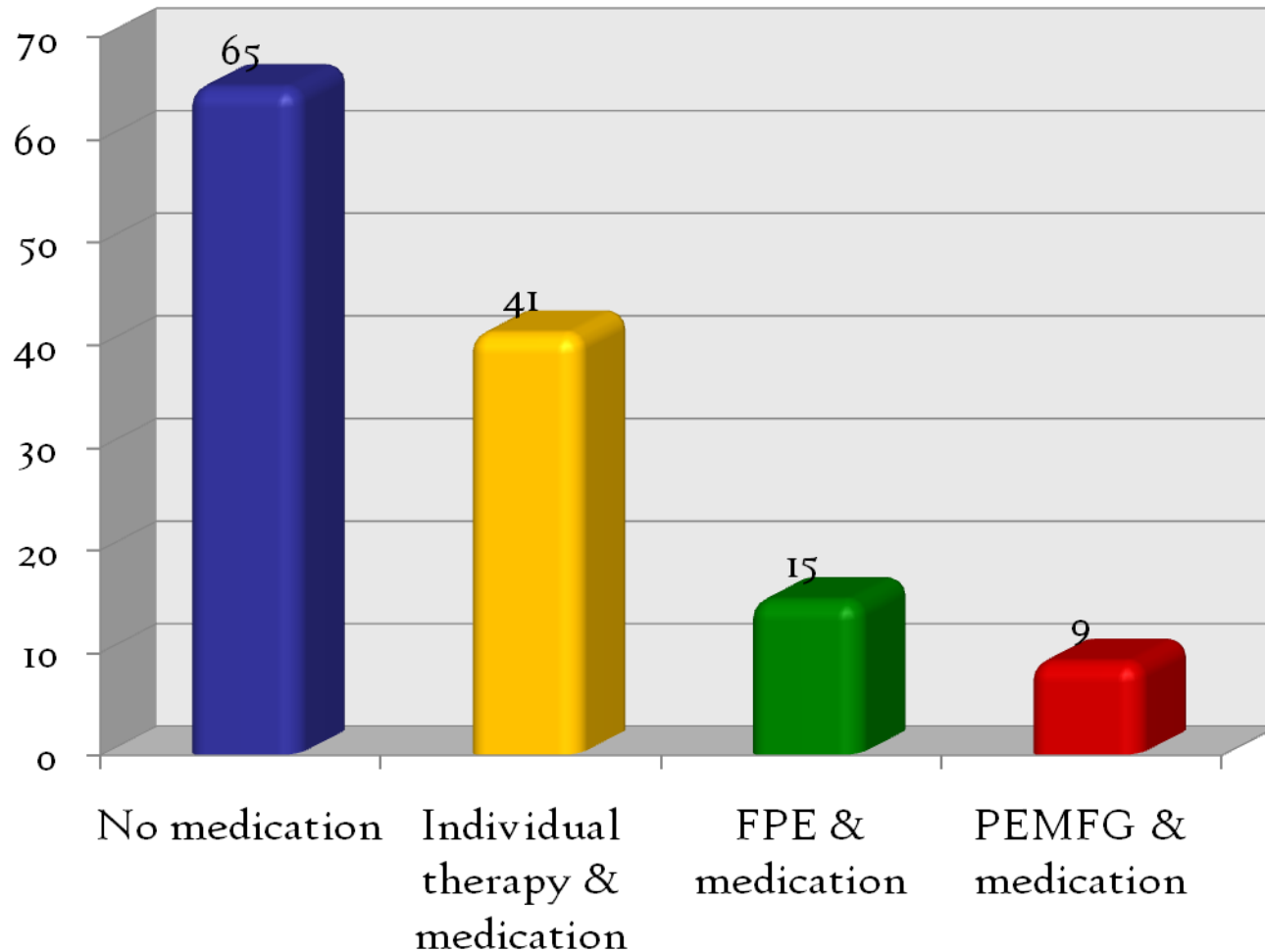


# Practitioners Have Found...

- Renewed interest in work
- Increased job satisfaction
- Improved ability to help families and individuals deal with issues in early stages
- Families and individuals take more control of recovery and feel more empowered



# Relapse Outcomes in Clinical Trials



# Stages of Treatment in Family Psychoeducation

## Joining

- Individuals and their supports
- 3-6 encounters

## Educational Workshop

- Individuals and their supports
- One day

## Ongoing Problem Solving Sessions

- Individuals and their supports
- 1-3 years

# Family Guidelines



- Go Slow
- Keep It Cool
- Give Each Other Space
- Set Limits
- Ignore What You Can't Change
- Keep It Simple
- Follow Doctor's Orders
- Carry On Business as Usual
- No Street Drugs or Alcohol
- Pick Up On Early Signs
- Solve Problems Step by Step
- Lower Expectations



# Sample Problem Solve

What can \_\_\_\_\_ do in the next 2 weeks to increase physical activity to 3 - 5 thirty-minute sessions a week?

- 1 Write in her schedule – planned out +++----
- 2 Walk in place while watching TV +++++----
- 3 Work out in morning before work +++++----
- 4 Use the stairs – going up and down in spare time – keeping track ++++----- 5 Layout workout clothes the night before +++----
- 6 Find an exercise app +++++-----
- 7 Reward system/incentivize it +++----
- 8 Accountability – workout buddy ++++----
- 9 Active during a clinical session – build it in with clients ++++++----
- 10 Join an exercise class like at YMCA or a gym – built in schedule - \$\$ ++++-----

## ACTION PLAN

Write into schedule

Today go into appointment and write in five 30 minute sessions through end of February

Work out in morning before work -Tomorrow

Set alarm for 5:30am – for all 5 days of working up

Remind kids that they can go back to sleep when I get up for exercise

Use home gym equipment for this

# Current Support

Monthly Coaching

Learning Communities

Basic Training

Steering Committee

Improving MI Practices

Technical Support Visits

# Sustainability

## Opportunities

- Involves Family of Choice
- Single/Multi Family
- Face to Face/Hybrid
- Peer Support Specialists

## Barriers

- Staff Shortage
- Not Mandatory in Contract
- Front Loaded
- Some Tech issues



# PIHP Regions and Implementation

- Region 1 – People trained, groups forming
- Region 2- Not active right now
- Region 3 – Had groups – need more support – staff changes
- Region 4 – Not active right now
- Region 5 – Groups and active in coaching, one of the top committed areas

- 1 NorthCare Network
- 2 Northern Michigan Regional Entity
- 3 Lakeshore Regional Entity
- 4 Southwest Michigan Behavioral Health
- 5 Mid-South Michigan Behavioral Health
- 6 C.M.H. Partnership of Southeast Michigan
- 7 Detroit Wayne Mental Health Authority
- 8 Oakland County C.M.H. Authority
- 9 Macomb County C.M.H. Services
- 10 Region 10 Department of Health Services

C.M.H. = Community Mental Health



# PIHP Regions and Implementation

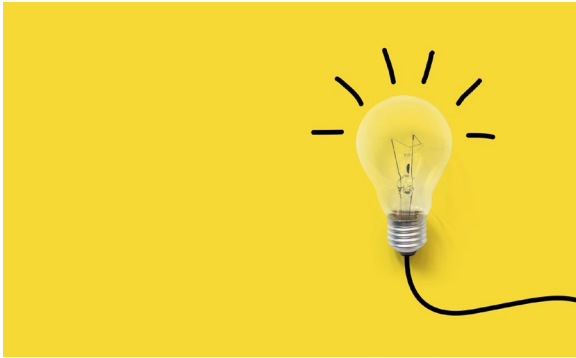
- Region 6 – Not active right now
- Region 7- Not active right now
- Region 8 – Groups plus 1 trainer/coach
- Region 9 – Groups forming – newly trained
- Region 10 – One of the top committed areas – very involved in coaching and problem solving

1. Northern Michigan Regional Entity
2. Northern Michigan Regional Entity
3. Lakeshore Regional Entity
4. Southern Michigan Behavioral Health
5. Mid-State Health Network
6. C.M.H. Partnership of Southeast Michigan
7. Detroit Washtenaw Behavioral Health
8. Oakland County C.M.H. Authority
9. Macomb County C.M.H. Services
10. Region 10 Prepaid Inpatient Health Plan

C.M.H. = Community Mental Health



# Success



**When regions commit, it is a win-win for provider and families.**

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**First in person training/learning community since covid**

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**High Energy**

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**Flexible Model**

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**Improving MI Practices will open more doors**

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**Help can be catered to a specific region or provider**

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**Real Results**